

LOCOMOTION FITNESS CENTER
Water Aerobic Schedule

February 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m. - 8:00 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open @ 8	Open @ 8
8:00 a.m.- 9:00 a.m.	Water Aerobics Jen	Water Aerobics Sherry	Water Aerobics Jen	Aqua Yoga	Open Swim	Open Swim	Open Swim (Hot Tub closes @3)
9:00 a.m. - 10:00 a.m.	Anchored Down Debbie	Aqua Yoga	Anchored Down Debbie	Swim Lessons (10:15-4)	Anchored Down Debbie	Anchored Down Nanette	
10:00 a.m. 4:00 p.m.	Swim Lessons (11-6)	Swim Lessons (10:30-4)	Swim Lessons (1:30-6)	Swim Lessons	Swim Lesson (10:15-7:30)	Swim Lessons (10-2:30)	
4:15 p.m.- 5:00 p.m.	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Open Swim (2:30-5:30)	Open Swim Pool closes @5:30
5:00 p.m.- 6:00 p.m		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
6:00 p.m. - 7:00 p.m.	Water Aerobics Sherry	Swim Lessons (5-8:30)	Water Aerobics Sherry	Swim Lessons (5-8:30)	Swim Lessons	Closed	Closed
7:30 p.m.- 8:30 p.m.	Aqua Yoga (7:15)		Open Swim		Closed	Closed	Closed

LOCOMOTION FITNESS CENTER
Land Aerobic Schedule-2023

February 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 a.m. - 6:30 a.m.	Spin Jennifer	Weights Echo		Spin Jennifer	Mixer Echo		
8:00 a.m.- 9:00 a.m.		Ignite Yoga 8:30am	Yoga (8:30-9:30)			Mixer Becky (8:15-9:15)	
9:00 a.m. - 10:00 a.m.	Cardio Party Gwynn	Mixer Carrie	Pilates W/ Amy (9am-10am)	Mixer Echo	Cardio Gwynn		Ignite Yoga 9am
Silver Sneakers 10:15 a.m.- 11:15 a.m.	Classic Gwynn	Cardio Sherry	Classic Amy L	Enerchi Sherrie	Cardio Gwynn		
3:00 p.m.- 5:00 p.m.							Yin Yoga 4pm
5:45 p.m.- 6:30 p.m.	Mixer Amy J/Echo	Tabata Penny	Boot Camp Callie				

Must sign up at the front desk 24 hours to participate for Yin Yoga and Ignite Yoga