

**LOCOMOTION FITNESS CENTER**  
**Water Aerobic Schedule**

| April 2024             | MONDAY                       | TUESDAY                       | WEDNESDAY                     | THURSDAY                      | FRIDAY                          | SATURDAY                      | SUNDAY  |
|------------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|---------------------------------|-------------------------------|---|
| 6:00 a.m. - 8:00 a.m.  | <b>Open Swim</b>             | <b>Open Swim</b>              | <b>Open Swim</b>              | <b>Open Swim</b>              | <b>Open Swim</b>                | <b>Open @ 8</b>               | <b>Open @ 8</b><br><br><b>Open Swim (Hot Tub closes @3)</b> |
| 8:00 a.m.- 9:00 a.m.   | <b>Water Aerobics Jen</b>    | <b>Water Aerobics Sherry</b>  | <b>Water Aerobics Jen</b>     | <b>Aqua Yoga</b>              | <b>Open Swim</b>                | <b>Open Swim</b>              |   |
| 9:00 a.m. - 10:00 a.m. | <b>Anchored Down Debbie</b>  | <b>Aqua Yoga</b>              | <b>Anchored Down Debbie</b>   | <b>Swim Lessons (10:10-4)</b> | <b>Anchored Down Debbie</b>     | <b>Anchored Down Nanette</b>  |   |
| 10:00 a.m. 4:00 p.m.   | <b>Swim Lessons (11-6)</b>   | <b>Swim Lessons (10:30-4)</b> | <b>Swim Lessons (12:30-6)</b> | <b>Swim Lessons</b>           | <b>Swim Lesson (10:10-7:30)</b> | <b>Swim Lessons (10-1:30)</b> |   |
| 4:15 p.m.- 5:00 p.m.   | <b>Swim Lessons</b>          | <b>Water Aerobics Nanette</b> | <b>Swim Lessons</b>           | <b>Water Aerobics Nanette</b> | <b>Swim Lessons</b>             | <b>Open Swim (1:30-5:30)</b>  |   |
| 5:00 p.m.- 6:00 p.m    |                              |                               | <b>Swim Lessons</b>           |                               | <b>Swim Lessons</b>             |                               |   |
| 6:00 p.m. - 7:00 p.m.  | <b>Water Aerobics Sherry</b> | <b>Swim Lessons (5-8:30)</b>  | <b>Water Aerobics Sherry</b>  | <b>Swim Lessons (5-8:30)</b>  | <b>Swim Lessons</b>             | <b>Closed</b>                 | <b>Closed</b>   |
| 7:30 p.m.- 8:30 p.m.   | <b>Aqua Yoga 7:15</b>        |                               | <b>Open Swim</b>              |                               | <b>Closed</b>                   | <b>Closed</b>                 | <b>Closed</b>   |

**LOCOMOTION FITNESS CENTER**  
**Land Aerobic Schedule**

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

- **Must sign up at the front desk 24 hours to participate in:**

**Yin Yoga and Ignite Yoga**