

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

May	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>
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 (10-4)</b>	<b>Anchored Down Debbie</b>	<b>Anchored Down Nanette</b>	
10:00 a.m. 4:00 p.m.	<b>Swim Lessons (10-6)</b>	<b>Swim Lessons (10-4)</b>	<b>Swim Lessons (12-6)</b>	<b>Swim Lessons</b>	<b>Swim Lesson (10-7:30)</b>	<b>Open Swim (10-1)</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 (1-5:30)</b>	<b>Open Swim Pool closes @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

May 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>Spin Jennifer</b>	<b>Callie Weights</b>		
8:00 a.m.- 9:00 a.m.						<b>Mixer Becky (8:15-9:15)</b>	
9:00 a.m. - 10:00 a.m.	<b>Cardio Party Gwynn</b>	<b>Mixer Echo</b>	<b>Pilates Amy</b>	<b>Mixer Echo</b>	<b>Cardio Gwynn</b>		<b>Ignite Yoga</b>
<b>Silver Sneakers</b> 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>Gwynn Last Class 5/17</b>		
4:00 p.m.— 5:00 p.m.							
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:**

**Ignite Yoga**