

LOCOMOTION FITNESS CENTER

Water Aerobic Schedule

July	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  Open Swim (Hot Tub closes @3)
8:00 a.m.- 9:00 a.m.	Water Aerobics Jen	Water Aerobics Sherry	Water Aerobics Jen	Aqua Yoga	Open Swim	Open Swim	
9:00 a.m. - 10:00 a.m.	Anchored Down Debbie	Aqua Yoga	Anchored Down Debbie	Swim Lessons (10-4)	Anchored Down Debbie	Anchored Down Nanette	
10:00 a.m. 4:00 p.m.	Swim Lessons (10-6)	Swim Lessons (10-4)	Swim Lessons (12:15-6)	Swim Lessons	Swim Lesson (10-7:30)	Open Swim (10-1)	
4:15 p.m.- 5:00 p.m.	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Open Swim (1-5:30)	Open Swim Pool closes @5:30
5:00 p.m.- 6:00 p.m			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

LOCOMOTION FITNESS CENTER  
Land Aerobic Schedule

July 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 a.m. - 6:30 a.m.	<b>Spin Jennifer</b>	<b>Callie Mixer</b>	<b>Ignite Yoga (5:45 am)</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>Yoga Echo</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>Yoga Amy J</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**