

LOCOMOTION FITNESS CENTER
Water Aerobic Schedule

October 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	Open Swim	Anchored Down Debbie	Anchored Down Nanette	
10:00 a.m. 4:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:15 p.m.- 5:00 p.m.	Open Swim	Water Aerobics Nanette	Open Swim	Water Aerobics Nanette	Open Swim	Open Swim (1-5:30)	Open Swim Pool closes @5:30
5:00 p.m.- 6:00 p.m					Open Swim		
6:00 p.m. - 7:00 p.m.	Water Aerobics Sherry	Open Swim	Water Aerobics Sherry	Open Swim	Open Swim	Closed	Closed
7:30 p.m.- 8:30 p.m.	Aqua Yoga 7:30		Open Swim				

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Land Aerobic Schedule

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5:35 a.m. - 6:30 a.m.	Spin Jennifer	Callie Mixer		Spin Jennifer	Callie Weights		
8:00 a.m.- 9:00 a.m.		Mixer Echo (8:30-9:30)	Pilates Angela (8:30-9:30)	Mixer Echo (8:30-9:30)	Yoga Echo (8:30-9:30)	Mixer Sarah (8:15-9:15)	
9:00 a.m. - 10:00 a.m.	Cardio Party Gwynn (9am-10am)						
Silver Sneakers 10:15 a.m.- 11:15 a.m.	Classic Gwynn	Cardio Sherry	Classic Angela	Enerchi Sherrie	Yoga Amy J		
4:30 p.m.— 5:30 p.m.			HIIT 50 Nicole (4:30-5:30)				
5:45 p.m.- 6:30 p.m.	Mixer Amy J	Tabata Penny					