

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

December	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	Open Swim	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	Aqua Yoga	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.	Open Swim		Open Swim				

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Land Aerobic Schedule

December 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>Becky High Intensity "The Box"</b>	<b>Spin Jennifer</b>	<b>Callie Weights</b>		
8:00 a.m.- 9:00 a.m.		<b>Mixer Echo (8:30-9:30)</b>	<b>Pilates Angela (8:30-9:30)</b>	<b>Mixer Echo (8:30-9:30)</b>	<b>Yoga Echo (8:30-9:30)</b>	<b>Mixer Sarah (8:15-9:15)</b>	
9:00 a.m. - 10:00 a.m.	<b>Cardio Party Gwynn (9am-10am)</b>						
<b>Silver Sneakers</b> 10:15 a.m.- 11:15 a.m.	<b>Classic Gwynn</b>	<b>Cardio Sherry</b>	<b>Classic Angela</b>	<b>Enerchi Sherrie</b>	<b>Yoga Amy J</b>		
4:30 p.m.— 5:30 p.m.	<b>HIIT 45 Weights Nicole (4:30-5:30)</b>		<b>HIIT 45 Cardio Nicole (4:30-5:30)</b>				
5:45 p.m.- 6:30 p.m.		<b>Tabata Penny</b>					