

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

May 2026	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>	<b>Open Swim (Hot Tub closes @3)</b>
9:00 a.m. - 10:00 a.m.	<b>Anchored Down Debbie</b>	<b>Aqua Yoga</b>	<b>Anchored Down Debbie</b>	<b>Aqua Yoga</b>	<b>Anchored Down Debbie</b>	<b>Water Aerobics Nanette</b>	
10:30 a.m. 4:00 p.m.	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>
4:15 p.m.- 5:00 p.m.	<b>Open Swim</b>	<b>Water Aerobics Nanette</b>	<b>Open Swim</b>	<b>Water Aerobics Nanette</b>	<b>Open Swim</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>Open Swim</b>		
6:00 p.m. - 7:00 p.m.	<b>Water Aerobics Sherry</b>	<b>Open Swim</b>	<b>Water Aerobics Sherry</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Closed</b>	<b>Closed</b>
7:30 p.m.- 8:30 p.m.	<b>Open Swim</b>		<b>Open Swim</b>		<b>Closed</b>	<b>Closed</b>	<b>Closed</b>

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

May 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 a.m. - 6:30 a.m.	<b>Total Body Heather</b>	<b>Spin/Abs Jenn</b>	<b>Total Body Heather</b>	<b>Spin/Abs Jenn</b>			
8:30 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>Pilates Angela (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>Classic Amy J</b>		
4:30 p.m. 5:30 p.m.	<b>HIIT 45 Mixer Heather (4:00-4:45)</b>		<b>HIIT 45 Cardio Heather (4:00-4:445)</b>				
5:45 p.m.- 6:30 p.m.		<b>Tabata Penny</b>					