

## Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Fitness Swim</b> 6:05am-7:00am		<b>Adult Fitness Swim</b> 6:05am-7:00am		<b>Adult Fitness Swim</b> 6:05am-7:00am	
	<b>Yoga</b> 8:00am-9:00am Dry Classroom Debi				
<b>Aquafit</b> 9:30am-10:30am Lap Pool Patty		<b>Aquafit</b> 9:30am-10:30am Lap Pool Patty			<b>Aqua Zumba</b> 9:30am-10:30am Lap Pool Julia **Check pool schedule for special events**
<b>Cardio Conditioning</b> 11:00am-12:00pm Lap Pool Sara	<b>Aqua-Fusion</b> 11:00am-12:00pm Lap Pool Julia	<b>Cardio Conditioning</b> 11:00am-12:00pm Lap Pool Sara	<b>Aqua-Fusion</b> 11:00am-12:00pm Lap Pool Julia		
<b>Water Walking</b> 12:00pm-1:00pm Leisure Pool Sara		<b>Water Walking</b> 12:00pm-1:00pm Leisure Pool Sara		<b>Water Walking</b> 12:00pm-1:00pm Leisure Pool Sara	

\*\* Aqua Zumba may be cancelled or moved to Sunday from 11:30am-12:30pm when we have swim meets. Please check our weekly schedule at [quickscores.com/sportsoffice](https://quickscores.com/sportsoffice) and click on Fairmont Aquatic Center to find the schedule.\*\*

For more information Call or Email Timmian at 385-468-1544 and [Tjeffress@slco.org](mailto:Tjeffress@slco.org)

<b>Adult Master Swim Team</b> M, W, F w/Ulysses	<p>Adult Masters Swim is a non-competitive class for beginners to experienced swimmers. All levels are welcome to join and learn to be a faster, stronger and more satisfied swimmer. Instructors will emphasize stroke and skill development throughout each workout.</p>
<b>Water Walking Class</b> M, W, F w/Sara	<p>Water walking class utilizes our current channel in the leisure pool as resistance to help improve strength, balance, coordination and posture in a low impact social environment.</p>
<b>Aqua Fit</b> M, W w/Patty	<p>Shallow and deep-water exercises for all abilities! Work at your own pace but get ready to break a sweat!</p>
<b>Cardio Conditioning</b> M, W w/Sara	<p>Cardio Conditioning is a low impact cardiovascular water class that uses various formats. This class will help with muscle strength, endurance and flexibility through a body-friendly, shallow water workout.</p>
<b>Aqua Zumba</b> Sat w/Julia	<p>This class is a high impact cardio workout that will get you on the move, have you smiling and having fun. You will experience various music and styles of cardio &amp; water exercises.</p>
<b>Yoga</b> Tues w/Debi	<p>Restore your flexibility &amp; strength in our yoga class. All ages &amp; abilities are welcome.</p>
<b>Aqua-Fusion</b> Tues, Thurs w/Julia	<p>Aqua Fusion is a variety mix of HIIT, Aqua Zumba and Deep-Water aerobics. Come for the fun and fitness!</p>