

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Fitness Swim 6:05am-7:00am No Instructor		Adult Fitness Swim 6:05am-7:00am No Instructor		Adult Fitness Swim 6:05am-7:00am No Instructor	
	Yoga 9:00am-10:00am Dry Classroom Debi				
Aquafit 9:30am-10:30am Lap Pool Sharon		Aquafit 9:30am-10:30am Lap Pool Sharon		Aquafit 9:30am-10:30am Lap Pool Sharon	
Cardio Conditioning 11:00am-12:00pm Lap Pool Sarah		Cardio Conditioning 11:00am-12:00pm Lap Pool Sarah			
Water Walking 12:00pm-1:00pm Leisure Pool Sarah		Water Walking 12:00pm-1:00pm Lap Pool Sarah		Water Walking 12:00pm-1:00pm Lap Pool Sarah	

For more information

Call our front desk (385) 468-1540

slco.org/fairmont

FAIRMONT



AQUATIC CENTER

<p>Adult Master Swim Team</p> <p>M, W, F</p> <p>No Instructor</p>	<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>
<p>Water Walking Class</p> <p>M, W, F</p> <p>w/Sara</p>	<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>
<p>Aqua Fit</p> <p>M, W, F</p> <p>w/ Sharon</p>	<p>Shallow and deep-water exercises for all abilities! Work at your own pace but get ready to break a sweat</p>
<p>Cardio Conditioning</p> <p>M & W</p> <p>w/Sarah</p>	<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>
<p>Yoga</p> <p>Tues</p> <p>w/Debi</p>	<p>Restore your flexibility & strength in our yoga class. All ages & abilities are welcome.</p>