

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			
	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 Leisure Pool Sarah		Water Walking 12:00pm-1:00pm Leisure Pool Sarah	

For more information

Call our front desk (385) 468-1540

slco.org/fairmont

Adult Master Swim Team

*M & W
No Instructor*

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.

Water Walking Class

*M, W, F
w/Sara*

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.

Aqua Fit

*M, W, F
w/ Sharon*

Shallow and deep-water exercises for all abilities! Work at your own pace but get ready to break a sweat

Cardio Conditioning

*M & W
w/Sarah*

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.

Yoga

*Tues
w/Debi*

Restore your flexibility & strength in our yoga class. All ages & abilities are welcome.