







LOCOMOTION FITNESS CENTER

POOL SCHEDULE

December 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-8:00AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
8:00AM-9:00AM	WATER AEROBICS W/ JENNIFER	WATER AEROBICS W/ LAURIE	WATER AEROBICS W/ JENNIFER	WATER AEROBICS W/ LAURIE	AQUA YOGA W/ JESSICA 	OPEN SWIM	OPEN SWIM
9:00 AM - 10:00AM	ANCHORED DOWN AEROBICS W/ DEBBIE	OPEN SWIM	ACHORED DOWN AEROBICS W/ DEBBIE	*SWIM LESSON (9:15-2:00) ↓	ANCHORED DOWN AEROBICS W/ DEBBIE	AN-CHORED DOWN AEROBICS W/ NANNETTE	OPEN SWIM
10:30 AM-12:30 PM	OPEN SWIM	OPEN SWIM ↓	OPEN SWIM	↓	OPEN SWIM	*SWIM LESSONS (10:20-12:30)	OPEN SWIM
12:30AM-4:30 PM	*SWIM LESSONS (12:30-5:50) ↓	↓	*SWIM LESSONS (1:30-6:00) ↓	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:30PM-5:45PM	↓	WATER AEROBICS W/NANETTE (4:15- 5:00)	↓	WATER AEROBICS W/ NANETTE (4:15-5:00)	*SWIM LESSONS (4:30-7:30)	↓	OPEN SWIM
6:00PM 7:00PM	WATER AEROBICS W/ SHERRY (6:00-7:00)	*SWIM LESSONS (5:00-8:10)	WATER AEROBICS W/ SHERRY (6:00-7:00)	*SWIM LESSONS (5:00-8:00)	OPEN SWIM	↓	
7:30PM-8:30PM	OPEN SWIM		OPEN SWIM				

- POOL, STEAMROOM, AND HOT TUB CLOSE 30 MINUTES BEFORE CLOSING EACH NIGHT.
- HOT TUB CLOSED SUNDAYS @ 3:00 PM FOR CLEANING.
- *Open Swim is available during swim lessons with limited areas of the pool

LAND AEROBICS SCHEDULE

December 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-6:30AM		MIXER W/ JAMES		SPIN W/ JAMES	TABATA W/ JAMES		
9:00AM-10:00AM	CARDIO PARTY W/ GWYNN	PUMP IT UP W/ JAMES	SPIN W/ ANGELA OR GWYNN <u>SLOW&GENTLE</u> YOGA W/ JESSICA	WEIGHTS W/ ANGELA	MIXER W/ ANGELA OR GWYNN		
10:15AM - 11:15AM	CLASSIC W/ GWYNN 	CARDIO W/ SHERRY 	CARDIO FIT W/ANGELA OR GWYNN 	CLASSIC W/ ANGELA-JAMES 	SILVER&FIT W/ JAMES AND ANGELA 		
3:00PM-4:00PM			FUN FIT KIDS W/ JAMES (3:00-3:30) AGES 6-14RS				YIN YOGA W/ JESSICA (4:00-5:00)
5:45PM-6:30PM	MIXER W/JAMES	TABATA W/PENNY	BOOTCAMP W/ ANGELA (5:30-6:15)				
6:30PM-7:30PM			YOGA W/ JESSICA	POWER YOGA W/ JESSICA (6:45-7:30)			

- **YOGA:** Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.
- **WEIGHTS:** Resistance training class that will challenge both men and women alike! Training features super-set style weight and resistance exercises that are certain to push you to that next level of fitness!
- **MIXER:** An ever changing mix of cardio and toning exercises that trick your body into a leaner, toner physique. This is a fun and motivating class that will change every 4-6 weeks in order to avoid that frustrating fitness plateau.
- **SPIN:** Challenge yourself while traveling through valleys, flats, and hills with this stationary spin workout! This class accommodates all fitness levels.
- **PUMP IT UP:** High intense cardio with active resistance training to blast calories and bust plateaus. Class will focus on athletic movements and basic combinations that push the cardiovascular system and strengthen muscles.
- **CARDIO PARTY:** Full Body workout using music and dance.
- **FUN FIT KIDS:** (Ages 6yrs-14yrs ONLY) Class will include body weight exercises, games designed to keep the little ones heart rate elevated for proficient calorie burn, team building exercises, balance, coordination, speed, agility, and games that not only challenge the musculoskeletal system by also the mind.
- **SILVER SNEAKERS:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. hand-held weights, elastic tubing with handles, a silver sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.
- **SILVER & FIT EXPERIENCE:** Designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a standing position with the option of chair support.
- **TABATA:** High-Intensity Interval Training program that has been scientifically proven to help increase endurance and performance for your aerobic and anaerobic systems.
- **PRE HOLIDAY BOOT CAMP:** This is a 7 week boot camp with Angela. High Intensity cardio kickboxing combinations.