

# FAAC CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Aerobics</b> 5:30 – 6:30 am	<b>Lap Swim</b> 7:00am – 3:30 pm	<b>Water Aerobics</b> 5:30 – 6:30 am	<b>Lap Swim</b> 7:00am – 3:30 pm	<b>Water Aerobics</b> 5:30 – 6:30 am	<b>Yoga</b> <b>FALL CLASS</b>	
<b>Lap Swim</b> 7:00 – 9:00 am		<b>Lap Swim</b> 7:00 – 9:00 am		<b>Lap Swim</b> 7:00 – 9:00 am		
<b>Water Aerobics</b> 9:00 – 10:00 am	<b>Spin Class</b> 8:30-9:30am	<b>Water Aerobics</b> 9:00 – 10:00 am		<b>Spin Class</b> 8:30-9:30am		
<b>Lap Swim</b> 10:00 – 2:00 pm		<b>Lap Swim</b> 10:00 – 2:00 pm		<b>Water Aerobics</b> 9:00 – 10:00 am		
<b>Water Aerobics</b> 2:00 – 3:00 pm		<b>Water Aerobics</b> 2:00 – 3:00 pm		<b>Lap Swim</b> 10:00 – 2:00 pm	<b>Family Swim</b> 1:30 – 3:00pm	<b>Family Swim</b> 1:30 – 3:00pm
<b>Body Blast</b> 4:00 – 5:00 pm	<b>Yoga</b> 5:30 - 6:30	<b>Body Blast</b> 4:00 – 5:00 pm	<b>Yoga</b> 5:30 – 6:30 pm	<b>Water Aerobics</b> 2:00 – 3:00 pm		
<b>Family Swim</b> 4:00 - 5:00pm	<b>Aquatic Interval Training</b> 6:30 - 7:30	<b>Family Swim</b> 4:00 – 5:00pm	<b>Aquatic Interval Training</b> 6:30 – 7:30pm	<b>Lap Swim</b> 3:00 - 7:30		<b>Aquatic Interval Training</b> 5:00 – 6:00pm

Effective Oct 2<sup>nd</sup>

\*Official swim lessons will be added to schedule when in session