

FAAC CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Aerobics 5:30 – 6:30 am	Lap Swim 8am – 6:30 pm	Water Aerobics 5:30 – 6:30 am	Lap Swim 8am – 6:30 pm	Water Aerobics 5:30 – 6:30 am		
Lap Swim 7 – 9am		Lap Swim 7 – 9am		Lap Swim 7 – 9am		
Water Aerobics 9 – 10am		Water Aerobics 9 – 10am		Water Aerobics 9 – 10am	Lap Swim 9am-1:30pm	Lap Swim 9am-1:30pm
Zumba 9:30-10:30am	Body Conditioning 9:30-10:30am	Zumba 9:30-10:30am	Body Conditioning 9:30-10:30am	Zumba 9:30-10:30am	Lap swimmers check party board	Lap swimmers check party board
Lap Swim 10am - 2pm	Body Blast 4:30 – 5:30pm	Lap Swim 10am – 2pm		Lap Swim 10am – 2pm	Family Swim 1:30 – 3pm	Family Swim 1:30 – 3pm
Water Aerobics 2:00 – 3:00 pm	Yoga 6:00 - 7:00pm	Water Aerobics 2 – 3pm	Yoga 6:00 – 7:00pm	Water Aerobics 2 – 3pm		
Zumba 5 - 6pm	Tumbling 3:30 – 5:30pm	Zumba 5 – 6pm	Tumbling 3:30 – 5:30	Zumba 5 - 6pm		
Family Swim 4 - 5pm	Aquatic Interval Training 6:30 - 7:30pm	Family Swim 4 – 5pm	Aquatic Interval Training 6:30 – 7:30pm	Family Swim 4 - 5pm		Aquatic Interval Training 5 – 6pm
		Pound body conditioning 6–7pm				
Lap Swim 5 - 8pm *swim lessons see footer		Lap Swim 5 – 8pm *swim lessons see footer		Lap Swim 5 – 8pm		

*Pound body conditioning and 7pm Zumba (Mon and Wed) are paused for summer – they will restart in autumn

*Swim lessons at certain times of the year Monday and Wednesdays, please check board in gym lobby for more info

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*Zumba 7 – 8pm		*Zumba 7 – 8pm				
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