

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

*Swim lessons at certain times of the year Mondays & Wednesdays please check the board in the lobby or call for more info

*NEW FALL SCHEDULE IN EFFECT SEPTEMBER 26TH 2024