

Fairmont Fitness Schedule

Effective:
11/17/24

Monday	
Time	Class
9:30 am	AquaFit
Workout with a variety of equipment and movements.	
11 am	Cardio Conditioning
Move fast and strong in the water with low impact on the joints	
12 pm	Water Walking
Instructor led class in leisure pool. Walk through the river current for a low-impact resistance workout.	

Tuesday	
Time	Class
8-10 am	Open Water Walking
Walk or run through the leisure pool river at your pace. No instructor.	
9 am	Yoga
Class held in multi-purpose room. Start your day with some dynamic stretching	
11 am	Aqua Fusion
Water aerobics meets interval training.	

Wednesday	
Time	Class
9:30 am	AquaFit
Workout with a variety of equipment and movements.	
11 am	Cardio Conditioning
Move fast and strong in the water with low impact on the joints	
12 pm	Water Walking
Class taught in leisure pool. Walk through the river current for a low-impact resistance workout.	

Thursday	
Time	Class
8-10 am	Open Water Walking
Walk or run through the leisure pool river at your pace. No instructor.	
11 am	Aqua Fusion
Water aerobics meets interval training.	

Friday	
Time	Class
10:30 am-12 pm	Open Water Walking
Walk or run through the leisure pool river at your pace. No instructor.	
12 pm	Water Walking
Instructor led class in leisure pool. Walk through the river current for a low-impact resistance workout.	

Saturday	
Time	Class
9:30 am	Aqua Zumba
Fusion of Latin dance and aerobic exercise, in the water!	
1-2 pm	Open Water Walking
Walk or run through the leisure pool river at your pace. No instructor.	

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.



Fairmont Aquatic Center

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