



Fall 2026
Starts August 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50am Range of Motion Sue (Therapy Pool) Low Intensity 20 Max Participants	8:00-8:50am Shallow/Deep Sue (Lap Pool) Med-high Intensity 30 Max Participants	9:00-9:50am Range of Motion Danny/Sue (Therapy pool) Low Intensity 20 Max Participants	8:00-8:50am Hydro-Pilates Brenda (Leisure Lane) Medium Intensity 25 Max participants	6:30-7:30am *US Masters Swim Coach Kate (lap pool)	9:00-9:50 Shallow Deep Combo Alice (Lap Pool) Medium Intensity 30 Max Participants
8:20a-9:00am Pilates Barre Sarah D. (Leisure Lanes) Med Intensity 25 Max participants	9:00-9:50am Range of Motion Sue (Therapy Pool) Low Intensity 20 Max Participants	9:30-10:15am Hi-Lo Aqua Combat Sarah D. (Leisure Lanes) Med/High Intensity 25 Max participants	8:00-8:50am Deep Water Sue (Lap Pool) Medium Intensity 30 Max Participants	Starts 9/11: 9:00-9:50am Aqua Zoom Barb MK (Leisure Lane) Medium Intensity 25 Max Participants	10:00-10:50 Deep Water Plus Alice (Lap Pool) Medium Intensity 30 Max Participants
9:00-9:50am Deep Water Sue (Lap Pool) Medium Intensity 30 Max Participants	Starts 9/8: 9:00-9:50am Hydro-Pilates Jessica (Leisure Lane) Medium Intensity 25 Max participants	10:00-10:50am Water Walking Barb T (Current Channel) Medium Intensity 15 Max Participants	9:00-9:50am Range of Motion Sue (Therapy Pool) Low Intensity 20 Max Participants	Starts 9/11:10:00-10:50am Water Walking Barb MK (Current Channel) Medium Intensity 15 Max Participants	
	10-10:45am Aqua Yoga Sue (Therapy Pool) Low Intensity 25 Max Participants				
	10:00-10:50am Water Walking Jessica (Current Channel) Medium Intensity 15 Max Participants				
5:00-5:50pm Aqua Bootcamp Jordan C (Current Channel) Medium Intensity 15 Max Participants	5:00-5:40pm Water Walking Brenda (Current Channel) Medium Intensity 15 Max participants	5:15-6:00pm Aqua Zoom Jordan C (Leisure Lanes) Medium Intensity 25 Max Participants			

Due to instructor availability the schedule has been modified, accordingly.

Classes are included in the cost of your membership.

Schedule is subject to change

GUIDELINES: As with any exercise program, you may wish to consult with your doctor
Instructors vary. Class styles vary. Class size may be limited pending space. Lane use may be necessary at
times. If the equipment does not meet your personal requirements, please feel free to bring in your own labeled
items. Please note multiple programs are in session. We appreciate your awareness. **For your safety**, we ask
that you **do not** enter classes after they have started.

CLASS DESCRIPTIONS

Range of Motion (ROM) 20 Max Participants

A 50-minute class in low intensity workout. Held in the 89-degree therapy pool. Focus is on range of motion. Equipment provided. Certified instructors.

Shallow Water Fitness 30 Max Participants between both shallow and deep area of the pools

A 50-minute class of medium-high intensity. Upper and lower body workout. Format is warm up, cardio, cool down stretch. Equipment provided. Certified instructors.

Deep Water Fitness 30 Max Participants (3/4 lanes-based on attendance)

A 50-minute class in a 12 ft deep pool using buoyancy belts. Medium-high intensity workout. More advanced students welcome. Equipment and belts provided. Focus is on cardio. Certified instructors.

Shallow Deep Fitness (using buoyancy belts) 30 Max Participants between both shallow and deep area of the pools (3/4 lanes-based on attendance)

A 50-minute class of medium-high intensity moving from shallow to deep water throughout the class. Upper and lower body workout. Format is warm up, cardio, cool down stretch. Equipment provided. Certified instructors.

Deep Water Plus- 30 Max participants (3/4 lanes-based on attendance) Medium-high intensity workout. Develop core strength, muscle balance, flexibility and postural awareness. A variety of exercises are incorporated; including a variety of upper and lower body moves designed to challenge stability, balance and alignment. Deep water exercises are incorporated to lengthen and strengthen the muscles of the spine.

AQUA-Zoom: 25 Max Participants

Let the music move you in this high energy water based, aerobic & body toning work out. Certified instructors. (Instructor will present both medium to high intensity moves)

US Masters Swimming Club: Swimmer's age 18 and older, coach led, organized for the purpose of training, fitness, and the enjoyment of swimming, participants should be comfortable in deep water and be able to swim the length of the pool without stopping. US Masters Certified Swim Coach.

Hydro-Pilates: 25 Max Participants a 50-minute class that focuses on core strength, flexibility, stretching and balance. Water is chest deep. Medium intensity. Equipment provided. Certified instructors.

Hi-Lo Aqua Combat: 25 Max Participants This workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats into one amazing workout.

Current Channel (Water Walking) 15 Max Participants A 50-minute class of medium-high intensity. Upper and lower body workout, with the current and against the current. Format is warm up, cardio, cool down, stretch. Certified instructors.

Aqua Bootcamp in the Current Channel 15 Max Participants. This is a 50-minute high-energy, low-impact cardio workout that is perfect for all fitness levels. The class takes place in our current channel, which provides resistance and helps to burn calories. Bootcamp is a great way to get a full-body workout and have fun in the water. Certified instructors will lead you through a variety of exercises.

Aqua Yoga: 25 Max Participants This workout utilizes modified movements and principles of yoga that is perfect for all fitness levels. Water is waist to chest deep. Medium intensity. Equipment provided. Certified instructors.

Participation in aquatic classes will dictate available lane spacing.