Updated Fall 2026
Starts November 1st

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**	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**	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**	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**	**Pop Up 11/5 and 11/19** 5:00-5:50pm **Water Walking** **Chad** **(Current Channel)** Medium Intensity **15 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.

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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.

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Participation in aquatic classes will dictate available lane spacing.

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