

# AQUATIC FITNESS SCHEDULE



Effective 12/1/2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5:00 - 6:00 a.m.		<b>Masters Swim</b> Pool 2		<b>Masters Swim</b> Pool 2	
5:00 - 6:30 a.m.					EXT. Masters Swim Pool 2
6:00 - 7:00 a.m.	<b>Aqua Fit</b> Pool 1		<b>Aqua Fit</b> Pool 1		<b>Aqua Fit</b> Pool 1
8:00 - 9:00 a.m.	<b>Aqua Dance</b> Pool 1	<b>Aqua Strong \$</b> Pool 1	<b>Aqua Fit</b> Pool 1	<b>Aqua Strong \$</b> Pool 1	<b>Aqua Dance</b> Pool 1
9:00 - 10:00 a.m.	<b>Flex and Flow*</b> Pool 1	<b>Aqua Strong \$</b> Pool 1	<b>Flex and Flow*</b> Pool 1	<b>Aqua Strong \$</b> Pool 1	<b>Flex and Flow*</b> Pool 1
	<b>Tri-Swim</b> Pool 2	<b>Aqua Deep</b> Pool 2	<b>Tri-Swim</b> Pool 2	<b>Aqua Deep</b> Pool 2	
10:30 - 11:30 a.m.			<b>Barre and Balance*</b> Pool 1		
12:00 - 1:00 p.m.	<b>Aqua Blast</b> Pool 1	<b>Aqua Fit</b> Pool 1	<b>Aqua Blast</b> Pool 1	<b>Aqua Fit</b> Pool 1	

\* These classes available on the Community Punch Card

\$ Aqua Strong is an additional monthly fee

## Aqua Fit - Pool 1

Monday/Wednesday/Friday at 6:00 - 7:00 a.m.

Start Your Day with a Refreshing Swim Workout! Improve your core strength and boost your cardio endurance with the perfect mix of technique and fun. It's the ideal way to energize your morning and tackle the day ahead. Dive in before work and feel the difference!

SATURDAY

7:00 - 8:00 a.m.

**Masters Swim**  
Pool 2

8:00 - 9:00 a.m.

**Aqua Workx**  
Pool 1