

AQUATIC FITNESS SCHEDULE



Aqua classes are ages 14+

Effective 3/1/2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

* These classes available on the Community Punch Card

\$ Aqua Strong is an additional monthly fee

Aqua Deep - Pool 2

Tuesday Thursday at 9:00 - 10:00 a.m.

This class is specifically designed for participants who are looking for an exciting new challenge to push their limits. It focuses on enhancing core strength, building endurance, and improving overall cardiovascular fitness in a fun and supportive environment.

SATURDAY

7:00 - 8:00 a.m.	Masters Swim Pool 2
8:00 - 9:00 a.m.	Aqua Workx Pool 1