

# AQUATIC FITNESS SCHEDULE



Effective 9/1/2024

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 Fit Pool 1		Aqua Dance Pool 1
9:00 - 10:00 a.m.	Flex and Flow* Pool 1		Flex and Flow* 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 Deep - Pool 2

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

This class is a great way to engage your abs and strengthen your lower back. Elements of the class help to increase balance, stability and improve posture.

**\*\*This class takes place in deep water with the assistance of buoyancy belts. Moderate to High-intensity class for conditioned individuals.**

SATURDAY

7:00 - 8:00 a.m.

Masters Swim  
Pool 2

8:00 - 9:00 a.m.

Aqua Workx  
Pool 1