

Aquatic Group Exercise Schedule

Effective October 5, 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Pool	8:00 AM		Aqua Zumba® Michele		H₂O Challenge Carensa		Aqua Blast Elizabeth
	9:00 AM	Aqua Blast Elizabeth		H₂O Challenge Maddie / Marissa			
	9:30 AM					Aqua Blast Elizabeth	
	10:00 AM	Aqua Zumba® Janet		Aqua Zumba® Janet			
	10:30 AM					Aqua Grooves Michelle R.	
	5:30 PM		Deep H₂O Elizabeth		Deep H₂O Norma		
Therapy Pool	11:00 AM	Aqua Flow Elizabeth					
	11:30 AM					Aqua Flow Elizabeth	
	12:30 PM		Aqua Fusion Norma		Aqua Fusion Elizabeth		
	6:00 PM			Aqua Strength Elizabeth			
Swim Lesson Timeframes			5:30p-7:45p	12:00p-4:00p	12:00p-6:30p	12:00p-6:45p	9:00a-1:30p

CLASS DESCRIPTIONS

ALL CLASSES ARE 45 MINUTES

Aqua Blast: Capacity 30 Participants

Take advantage of the latest trend in fitness and bring your aquatic training to the next level. Perform High Intensity Interval Training (HIIT), including the specialized Tabata format, in the water to yield high-powered results.

H₂O Challenge: Capacity 30 Participants

This class uses a variety of aquatic equipment to target each muscle group in this total body strengthening experience.

Aqua Zumba®: Capacity 20 Participants

Perfect for those looking to make a splash by adding low-impact, high-energy aquatic exercise into their fitness routine. This class blends the Zumba philosophy with water resistance for a pool party that you won't want to miss!

Aqua Grooves: Capacity 20 Participants

Join the dance party and get a great cardio workout with energizing dance moves. This class is a high-energy, cardiovascular workout that is easy on the joints.

Deep H₂O: Capacity 20 Participants

Challenge yourself in the deep end of the pool for a full body, floating workout. The use of Aqua belts is encouraged.

Aqua Flow: Capacity 18 Participants

This class is easy on the joints and will help participants to move better, increase flexibility, and decrease pain while using the resistance of the water.

Aqua Fusion: Capacity 18 Participants

This class is the perfect blend of Aqua Flow and Aqua Strength. If you are looking for a low-intensity workout that focuses on flexibility, mobility, and strength, look no further!

Aqua Strength: Capacity 18 Participants

Enjoy this low-intensity, strength-based class that gives you a full body workout in the low-impact environment of the Therapy Pool.

Register online up to 48 hours in advance:

www.MYiCLUBonline.com

Same Day Registration available by calling the Service Desk at 219-983-9832 ext. 0

We welcome all new participants to introduce themselves to the instructor before class begins and ask for any modifications that may be necessary. For your safety and the courtesy of the other participants, class closes for late arrivals five minutes after the scheduled start time.

Private/Group Swim Lessons:

Our Fitness Center is an accredited American Red Cross Learn-to-Swim facility. We offer a variety of swim lessons to meet your needs, from six-months of age through adult, with beginner and technique options. All levels are taught by American Red Cross certified Swim Instructors. Swim lesson registration is completed in person at the Service Desk. Check the Info Wall for upcoming lessons dates.