

# Aquatic Group Exercise Schedule

Effective January 4, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Pool				H <sub>2</sub> O Challenge Carenza		Aqua Blast Elizabeth/Maddie
	Aqua Blast Elizabeth		H <sub>2</sub> O Challenge Marissa			
		Aqua Zumba® Michele			Aqua Blast Elizabeth	
	Aqua Zumba® Janet		Aqua Zumba® Janet			
					Aqua Grooves Michelle R.	
		Deep H <sub>2</sub> O Elizabeth		Deep H <sub>2</sub> O Norma		
Therapy Pool	Aqua Flow Elizabeth					
					Aqua Flow Elizabeth	
		Aqua Fusion Norma		Aqua Fusion Elizabeth		
			Aqua Strength Elizabeth			
Swim Lesson Timeframes		5:30pm-7:45pm	12pm-4pm	12pm-6:30pm	12pm-6:45pm	9am-1:30pm

# Class Descriptions

ALL CLASSES ARE 45 MINUTES

*We welcome group exercise participants to ask the instructor for modifications when necessary. For your safety and the courtesy of other participants, class closes for late arrivals five minutes after the scheduled start time.*

**Aqua Blast: (Capacity 30)** 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.

**Aqua Flow: (Capacity 18)** This class is easy on the joints and will help participants to move better, increase flexibility, and decrease pain while using the resistance of water.

**Aqua Fusion: (Capacity 18)** 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 Grooves: (Capacity 20)** 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.

**Aqua Strength: (Capacity 18)** Enjoy this low-intensity, strength-based class that gives you a full body workout in the low-impact environment of the Therapy Pool.

**Aqua Zumba®: (Capacity 20)** Perfect for those looking to make a splash by adding low-impact, high-energy aquatic exercise to their fitness routine. This class blends the Zumba philosophy with water resistance for a pool party that you will not want to miss!

**Deep H<sub>2</sub>O: (Capacity 20)** Challenge yourself in the deep end of the pool for a full body floating workout. The use of aqua belts is encouraged.

**H<sub>2</sub>O Challenge: (Capacity 30)** This class uses a variety of aquatic equipment to target each muscle group in this total body strengthening experience.

## 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 lesson dates.