

Aquatic Group Exercise Schedule

Effective October 4th, 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Pool	8:00 AM				H ₂ O Challenge Carensa		Aqua Blast Rotating
	9:00 AM	Aqua Blast Elizabeth		H ₂ O Challenge Marissa			
	9:30 AM		Aqua Zumba® Michele G.			Aqua Blast Elizabeth	
	10:00 AM	Aqua Zumba® Janet					
	10:30 AM					Aqua Grooves Michelle R.	
Therapy Pool	10:30 AM		AZ® Toning Michele G.				
	11:00 AM	Aqua Flow Elizabeth					
	11:30 AM					Aqua Fusion Elizabeth	
	6:00 PM			Aqua Strength Elizabeth			
Swim Lesson Time Frames			5:30-7:45pm	12-4pm	12-6:30pm	12-6:45pm	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, classes close 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!

AZ® Toning (Aqua Zumba® Toning): (Capacity 18) Bust a move and get a great strength workout in the comfort of the warm-water therapy pool. This low-impact class blends gentle Zumba flows with resistance training (weights are optional).

H₂O 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.