

AQUATIC FITNESS SCHEDULE



Effective 9/8/2025

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 Combat Pool 1		Aqua Dance Pool 1
9:00 - 10:00 a.m.	Flex and Flow* Pool 1 Tri-Swim Pool 2	Aqua Deep Pool 2	Flex and Flow* Pool 1 Tri-Swim Pool 2	Aqua Deep Pool 2	Flex and Flow* Pool 1
10:30 - 11:30 a.m.	Barre and Balance* Pool 1		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

Barre and Balance*

Monday and Wednesdays at 10:30 - 11:30 a.m.
In pool 1

Ballet Barre and Pilates inspired class that is low-impact but challenging. Great for mobility, balance, strength and toning. Ideal for prenatal and postpartum exercise as well as a good addition to any fitness regime for a low-impact recovery workout.

SATURDAY

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