

Effective May 27, 2025 for Summer 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 7:00 am	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise
7:00 - 8:00 am	Water Jogging	Aqua Y.A.C.H.T	Circuit Training	Aqua Y.A.C.H.T	Boot Camp
8:00 - 9:00 am	Aqua Fit	Aqua Kickboxing	Noodle Mania	Aqua Kickboxing	Aqua Fit
9:00 - 10:00 am	Aqua Basics	-	Body Sculpt	-	Balance
10:00-11:00 am	Low Back Class	-	Pilates	-	Low Back Class
Noon - 1:00 pm	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise
4:00 - 5:00 pm	Low Back Class	Aqua S.M.I.L.E.	Pilates	Aqua S.M.I.L.E.	Low Back Class
5:00 - 6:00 pm	Independent Aquatic Exercise	Aqua Kickboxing	Independent Aquatic Exercise	Circuit Training	Independent Aquatic Exercise
6:00 - 7:00 pm	-	Independent Aquatic Exercise	-	Independent Aquatic Exercise	-

Patrons are limited to one program per day.

Classes (in white) are 30 minutes of instructed time & 30 minutes of independent time.

***Please Note:** If less than 3 patrons are checked in at class start time, class will not be held. Patrons will be allowed to exercise independently during the schedule class time for that day.*

Independent Aquatic Exercise

This program allows individuals to utilize the therapy pool & equipment in an open pool environment, without an instructor. Individuals must be independent with transfers & in the water, or accompanied by a caregiver to assist.

Beginning & Specialty Classes

-Aqua S.M.I.L.E.

Using Slower Moves, and Impact Lowered Exercises, this class is ideal for individuals just starting out & those with conditions such as arthritis or fibromyalgia. Exercises focus on gentle stretching through range of motion, light strengthening, & endurance.

-Aqua Basics

A step up from the above program, this class is similar to the former "Get Fit" class. Participants perform exercises focused on arm & leg strengthening with the addition of resistance equipment as well as a brief cardio section to increase heart rate.

-Low Back Class

This class is designed for individuals with low-back pain. Exercises emphasize spine stabilization, core & leg strengthening, and low-back stretching using equipment such as water dumbbells & kickboards.

-Pilates

Similar in focus to low back class, but just a bit more challenging! This class utilizes different equipment to challenge core stabilization while emphasizing good breathing & posture alignment.

-Body Sculpt

This class utilizes dumbbells, kickboards, & noodles to get a full body toning workout. Exercises are performed at various speeds & intensities to strengthen arms, legs, and abdominal muscles.

-Balance Class

Utilizing the safe aquatic environment to challenge balance, participants complete various stances & movements using an assortment of equipment. This class seeks to increase stability & reduce the potential of falls by improving balance strategies & strengthening core and leg muscles.

Intermediate Fitness Classes

-Aqua Fit

Combining cardio & toning, this class gives you the best of both worlds! While exercises will mainly focus on low-impact aerobics to get your heart rate up, there is also a short segment focusing on toning arms and/or legs.

-Noodle Mania

Participants utilize pool noodles of varying sizes to add resistance, challenge strength, & elevate the intensity of an aerobic segment for a true full-body workout.

-Aqua Kickboxing

This class combines the powerful techniques of kickboxing with the low-impact resistance of water. You'll punch, kick, & lunge your way through dynamic combinations that improve cardiovascular endurance, muscle tone, balance, & coordination.

Advanced Fitness Classes

-Aqua Boot Camp

High energy workout inspired by military style training. Provides the ultimate series of high intensity cardio circuits and strength exercises designed to target major muscle groups.

-Water Jogging

This fast-paced class is designed to challenge your cardiovascular fitness & endurance by using the resistance of the water and a variety of equipment to get & keep your heart rate up!

-Circuit Training

Participants rotate through a variety of stations that focus on strength, cardio, & core exercises by using a combination of equipment for total body conditioning.

-Aqua Y.A.C.H.T

Bringing together Yoga, Aerobics, Core, HIIT, & Toning, this class aims to take you through a little bit of everything to get a full body workout! It's designed to get your heart rate up & come full circle by ending with mindfulness.

Educational Workshops

Intermittently offered programs where participants receive individual feedback to ensure correct form when performing exercises. Focus of workshop will be announced ahead of time & will change/rotate. See staff for more info.