

AquaFit Class Schedule

Effective 9/7/26

Day	Time	Format	Instructor	Location
Monday	9-10am	AquaFit Combo	Margie	Program Pool
Monday	12pm-1pm	Deep Aerobics	Mary	Program Pool
Tuesday	8-8:45am	RiverFit	Mary	Lazy River
Tuesday	9-10am	Deep Aerobics	Mary	Program Pool
Tuesday	10:30-11:30am	Running H2O	Nancy	Program Pool
Tuesday	12-1pm	HIIT AquaFit	Hawk	Program Pool
Wednesday	10-11am	AquaZumba	Laura	Program Pool
Wednesday	5:30-6:15pm	Water Mat Yoga \$	Gena	Program Pool
Wednesday	6:30-7:30pm	Deep Aerobics	Hawk	Program Pool
Thursday	8-8:45am	RiverFit	Mary	Lazy River
Thursday	9-10am	Deep Aerobics	Mary	Program Pool
Thursday	10:30-11:30am	Running H2O	Nancy	Program Pool
Thursday	12:15-1pm	AquaZumba	Laura	Program Pool
Friday	9-10am	HIIT AquaFit	Anastasia	Lap Pool
Friday	10:15-11:15am	AquaFit Combo	Hawk	Program Pool
Friday	12-1pm	Deep Aerobics	Margie	Program Pool

AquaFit Combo

These classes incorporate both deep & shallow water interval workout mixed in with body movements to build muscle, flexibility core strength & stamina in all parts of the body. This class is a fun workout without impact on your joints.

Aqua Zumba

This class brings a new meaning to the idea of an invigorating workout. It combines the South American Zumba Rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

Deep Aerobics

This class is designed to be no impact and improve cardiovascular, muscle strength, core and flexibility.

H.I.I.T. AquaFit

Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

Running H2O

Running H2O provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation. All you need is your swimsuit and water bottle! Use your membership or pay the daily fee.

RiverFit

A self-paced class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability, and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Water Mat Yoga \$

Water mat classes are in the pool on the inflatable boards. Classes will include yoga and fun games. Yoga on the water enhances balance and improves core strength while exercising in a unique and fun environment.