



AQUA FITNESS SCHEDULE

WINTER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMALL POOL: Shallow Water Fitness 8:30-9:15am		SMALL POOL: Step & Intervals 8:30-9:15am			LARGE POOL: 8:05-8:55am Deep & Shallow Combo- Aqua Blast** **Aqua Blast Winter classes will run 1/11, 1/25, 2/8, and 2/22
LARGE POOL: Deep Water 9:30-10:15am	LARGE POOL: Deep Water 9:30-10:15am	LARGE POOL: Deep Water 9:30-10:15am	LARGE POOL: Deep Water 9:30-10:15am	LARGE POOL: Deep Water 9:30-10:15am	
SMALL POOL: Aqua Arthritis 11:05-11:55am	SMALL POOL: Power Hour 11:05-11:55am	SMALL POOL: Aqua Arthritis 11:05-11:55am	SMALL POOL: Power Hour 11:05-11:55am	SMALL POOL: Aqua Arthritis 11:05-11:55am	
		SMALL POOL: Power 45 6:00-6:45pm			

Please note: Starting February 1st, registered participants must be in the pool area at the start time of the class in order to guarantee their spot. Late arrivals may be accommodated at the instructor's discretion.

Water Fitness Guidelines

Reservations through Motion Vibe are **required** for all Water Fitness classes due to limited space in the pool. When you register you will receive a notification if a class is canceled, or if there is an instructor change. Please make sure to check in on the app and at the front desk. Please make sure to unregister as soon as you know you can not make the class.

Members are able to take three Deep Water classes a week Monday- Friday.

Thunderstorm Policy: We are required to close the pool for 30 minutes from the last thunder or lightning in the area



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CLASS DESCRIPTIONS

Aqua Arthritis- Small Pool

This gentle water exercise program is designed for people with arthritis and other related conditions, but is great for anyone who is ready to join a low intensity class. You'll strengthen and tone your muscles, increase your flexibility and range of motion to carry out daily tasks more efficiently. This class also helps reduce the pain associated with arthritis, fibromyalgia, and other joint and muscle conditions. Enjoy the buoyancy of water, an ideal environment for relieving pain and stiffness. This program will give you a low to moderate level cardiovascular workout. No swimming skills required.

Deep Water Fitness- Large Pool

This class will give you a total body workout, while your feet never touch the floor! Whether or not you know how to swim, you can enjoy a moderate or intense workout in a weightless environment. Exercises in this class are designed to build your cardio endurance while also improving your strength, flexibility and balance. No swimming skills required. Participants can wear a flotation belt for support.

Power 45- Small Pool

This class incorporates high intensity cardio intervals and strength training with traditional aquatic fitness disciplines. Great for those looking for a challenging workout that is easy on the joints or if you are looking to add something different to your fitness routine. No swimming skills required

Shallow Water Fitness- Small Pool

This class incorporates high intensity cardio intervals and strength training with traditional aquatic fitness disciplines. Great for those looking for a challenging workout that is easy on the joints or if you are looking to add something different to your fitness routine. No swimming skills required

Water Step & Intervals – Small Pool

A great introduction to step aerobics! Learn basic step patterns and terminology in these low-impact aerobics class. Our step instructors guide you through simple, easy-to-follow choreography. Enjoy the support of the water! We will also incorporate cardio intervals.

Deep/Shallow Aqua Blast – Large Pool

This class will give you a total body workout. You will use both the deep and shallow area of the pool. Exercises in this class are designed to build your cardio endurance while also improving your strength, flexibility and balance. No swimming skills required. Participants can wear a flotation belt for support.

Thunderstorm Policy: We are required to close the pool for 30 minutes from the last thunder or lightning in the area