



Fall 2024 SCHEDULE & DESCRIPTIONS

Starting September 8th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Motion 9:00-9:30 AM Leisure Pool		Aquafit 9:45-10:30 AM Leisure Pool				
Aquafit 9:45-10:30 AM Leisure Pool		AquaArthritis 10:45-11:45 AM Leisure Pool				Aqua Tone & Stretch 10:45-11:30 AM Competition Pool
				Water S.E.T Go! 4:00-4:45 PM Leisure Pool		
Water S.E.T Go! 6:15-7:00 PM Leisure Pool	AquaPower 5:45-6:30 PM Competition Pool					

Cost: \$5 for Members, \$10 for Residents, and \$12.50 for Non-Residents – Pay at the front Desk

Check the Pool Calendar online under “Aquatics” for any Cancellations or changes of Class times (QR Code Above)

Fluid Motion

This low-impact class will focus on walking with the water’s natural resistance and stretching for participants looking to transition into aquatic exercise or an alternative to their high-impact exercise routine.

AquaFit

This shallow water aquatic exercise class consists of a warm-up and warm-down encompassing an energetic cardio fitness workout using aqua resistance and music to keep participants moving.

AquaPower

Our AquaPower class is designed for participants who are looking for a challenging water workout! Easy on the joints but an intense workout for the body, AquaPower will run in the 7-12 ft-deep competition pool. With motivating music and movements designed to build your endurance and strength, AquaPower is a great class for those who want to cross-train from running, biking, or other repetitive land exercises on the joints.

Aqua Tone & Stretch

Provides an overall workout using all muscle groups. The primary focus in class is on stretching along with abdominal and muscle toning. Aqua belts and aqua barbells will be utilized.

AquaArthritis

This class is designed to decrease pain and inflammation while increasing range of motion, flexibility, and general conditioning. It offers a traditional range of motion and exercise and an additional cardiovascular segment.

Water S.E.T Go! (strength, endurance, training)

This mid-shallow aquatic group exercise class is for all abilities and levels. It focuses on fast paced interval training using cardio exercise and sometimes weight equipment for strength and conditioning all while listening upbeat music!