

# MONDAY AQUA

9:10 am -	Aqua Spree	Doris	Main Pool
10:15 am -	Aqua Warm	Hannah	WW Pool
10:15 am -	Aqua Spree	Doris	Main Pool
11:00 am -	Aqua Spree	Doris	Main Pool
6:30 pm -	Aqua Splash	Hannah	Main Pool

# TUESDAY AQUA

9:10 am -	Aqua Splash	Hannah	Main Pool
10:15 am -	Aqua Yoga	Hannah	WW Pool
10:45 am -	Aqua MS	Shari	Main Pool
5:30 pm -	Aqua Zumba	Nikki	Main Pool
6:30-7:30	Swim Lessons		Main Pool

# WEDNESDAY AQUA

8:15 am -	Aqua Splash	Hannah	Main Pool
10:15 am -	Aqua Warm	Hannah	WW Pool
10:15 am -	Aqua Spree	Doris	Main Pool
11:00 am -	Aqua Spree	Doris	Main Pool
6:30 pm -	Aqua Splash	Hannah	Main Pool

# THURSDAY AQUA

9:10 am -	Aqua Splash	Hannah	Main Pool
10:15 am -	Aqua Yoga	Hannah	WW Pool
10:45 am -	Aqua MS	Shari	Main Pool
5:30 pm -	Aqua Zumba	Christin	Main Pool

# FRIDAY AQUA

8:15 am -	Aqua Splash	Hannah	Main Pool
10:15 am -	Aqua Spree	Doris	Main Pool
11:00 am -	Aqua Spree	Doris	Main Pool
5:30 pm -	Aqua Zumba	Christin	Main Pool

# SATURDAY AQUA

8:00 am -	Aqua Zumba	Nikki	Main Pool
9:00 - 11:30 am	Swim Lessons		Main Pool

# NO SUNDAY AQUA



# MAIN POOL BREAKS

We close the pool for 10 minutes  
at these times:

**Monday - Friday - 7 am, 10 am, 2 pm, 5 pm, 8 pm**

**Saturday - Sunday - 10 am, 2 pm, 5 pm**

# FAMILY SWIM!

## **Monday**

1:00 pm - 5:00 pm, 7:30 pm - 9:30 pm

## **Tuesday**

1:00 pm - 5:00 pm, 7:30 pm - 9:30 pm

## **Wednesday**

1:00 pm - 5:00 pm, 7:30 pm - 9:30 pm

## **Thursday**

1:00 pm - 5:00 pm, 6:30 pm - 9:30 pm

## **Friday**

1:00 pm - 5:00 pm, 6:30 pm - 8:00 pm

## **Saturday**

12:00 noon - 6:30 pm

## **Sunday**

9:00 am - 5:00 pm

\*Subject to change based on programs & rentals

# Aqua Class Descriptions

**Aqua Splash** - A 45-55 minute all in one Cardio Aqua Workout! This class is musically driven and combines cardio with strength training. Expect to get your heart pumping and body moving! Oh, and a side effect of Aqua Splash is a big smile! (Level: all fitness levels).

**Aqua Yoga** - A 30 minute yoga workout in the water. Increase your mind-body connection and mental awareness. Increase your flexibility and find new balance in the greater range-of-motion and support the water provides. This class provides a great path to gain self-confidence and find a new sense of wellness. (Level: all fitness levels).

**Aqua MS** - A 45-55 minute class specifically designed to work with those who have been diagnosed with MS. (Level: beginning fitness levels).

**Aqua Spree** - This 45 minute musically driven class will spark your enthusiasm, help with your range of motion, work large muscles, use resistance equipment, increase your heart rate and be LOTS of fun with new and old friends! You may even find yourself singing along to the music. (Level: all fitness levels).

**Aqua Warm/Aqua Arthritis** - A 45 minute low intensity routine designed to improve daily function and strength. It is an excellent workout for those preparing for or recovering from surgery or living with arthritis or fibromyalgia. This is taught in our Warm Water Pool at a temperature of approximately 92 degrees. (Level: beginning fitness levels).