

Pool Hours: Monday - Thursday 5:00 am - 9:30 pm, Friday 5:00 am - 8:30 pm, Saturday 8:00 am - 4:30 pm, Sunday 10:00 am - 4:30 pm

There is always at least one lap lane open for members to use during pool hours.

Fall Aqua Fitness Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Master's Swim* 60 minutes		Master's Swim* 60 minutes		
8:45 AM						
9:00 AM						
9:15 AM	Aqua Stride & Stength 45 minutes	Aqua Power 40 Minutes	Aqua Stride & Stength 45 minutes	Aqua Fit Circuit 45 minutes	Aqua Stride & Strength 45 minutes	Water Aerobics 45 minutes
10:00 AM	Water Walking 45 minutes	Aqua Abs, Arms & Toning 30 minutes			Water Aerobics 45 minutes	

6:00 PM			Aqua Muscle 45 minutes			
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See page 2 for class Descriptions.

*Master Swim is a paid recurring service program that is billed on the 15th of each month. Members will receive 15% off the monthly rate and may attend unlimited classes each month. Drop in rate is \$10 plus tax per day.





AQUA FITNESS CLASS DESCRIPTIONS

FREE WITH MEMBERSHIP - AQUA EXERCISE CLASSES
(PRE-BOOKING IS NOT REQUIRED)

Aqua Stride and Strength: Monday, Wednesday & Friday 9:15 AM - 10:00 AM

A low impact, 45-minute class using all water walking movements to achieve a mild cardio workout. Equipment may be used for a short time to increase strength. This class has a strength based focus. A short abdominal strengthening and stretching section will balance this workout.

WaterWalking & Mobilization: Mondays 10:00 AM - 10:45 AM

This is an excellent mobilization and resistance training option. This class is designed for the participant to move through out the entire pool in different patterns that balance the body. The movements will strengthen and tone muscle groups in a gentle non load bearing aquatic atmosphere. Participants will have options to start slowly and gradually increase intensity.

Aqua Power: Tuesdays 9:15 AM - 10:00 AM

Our most active and challenging water fitness class! This 40 minute class is geared towards participants with a high level of fitness in mind. A longer, moderate to high intensity cardio session followed by a challenging abdominal and strength training routine. Come ready to work out! (Who said water class was easy?!)

Aqua Abs, Arms & Toning: Tuesdays 10:00 AM - 10:30 AM

This 30-minute class focuses on increasing endurance and strength of the core and arm muscles. Each class will have a bonus toning segment that will vary week to week. It is not a high impact class but it is highly intensive for those muscle groups. All fitness levels can benefit from these moves using the power of the water, buoyancy, and strength equipment.

Aqua Fit Circuit: Thursdays 9:15 AM - 10:00 AM

A new format for 2024. This class has a jogging circuit that will be introduced each class and training movements that help support and reinforce jogging in water. With the reduced gravity you can aqua jog with less impact. Resistance provides the extra cardiovascular challenge running against the water current. A circuit style will incorporate extra training in each class.

Water Aerobics: Friday 10:00 AM - 10:45 AM, Saturday 9:15 AM - 9:45 AM

A 45-minute class combining low, moderate, and high level exercises and equipment to improve your cardiovascular system, muscular strength, core stability, and flexibility.

Aqua Muscle: Wednesday 6:00 PM - 6:45 PM

A weight room style class with focus given to muscular endurance with mild cardio intervals. This class is designed to target individual muscles within the full body. Use the water to gain Muscle!

* RECURRING SERVICE REQUIRED - Must set up monthly billing

Master's Swim Program: Tuesday & Thursday 6:00 AM - 7:00 AM

18 years or older. Participants are provided the opportunity to enjoy the sport of swimming through workouts aimed at physical fitness, technique, or improving competition times. We will accommodate specific speeds to ensure proper growth within the water.

For more information, please contact Kristen Ackerman 509-453-6521 ext 257 1/22/2024

