

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

## Winter Aqua Fitness Schedule 2026

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 Fit Circuit 45 minutes	Aqua Power 45 Minutes	Aqua Muscle 45 minutes	Aqua Power 45 Minutes	Aqua Stride & Strength 45 minutes	Water Aerobics 45 minutes
10:00 AM	Aqua Groove 45 minutes	Aqua Sculpt 45 minutes	Aqua Stride & Strength 45 minutes	Water Walking & Mobilization 45 minutes	Water Aerobics 45 minutes	

6:00 PM		Aqua Muscle 45 minutes		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 \$15 plus tax per day.

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



## **Aqua Fit Circuit: Mondays 9:15 AM – 10:00 AM**

This class has a jogging circuit that will be introduced each session with training movements that support and reinforce jogging in water. The reduced gravity will allow you to aqua jog with less impact. Resistance provides the extra cardiovascular challenge by running against the water current. A circuit style will incorporate extra training in each class. Come try Aqua Fit Circuit

## **Aqua Groove: Monday 10:00 AM - 10:45 AM**

Come dance in the pool with us! Aqua Groove is a 45-minute Aqua dance class aimed at helping improve balance and coordination. Every class is choreographed to music with each song targeting a different muscle group, which makes it the perfect full-body workout.

## **Aqua Sculpt: Tuesday 10:00 AM - 10:45 AM**

This 45 minute equipment based class uses foam noodles, bells, training bands, and water resistance to sculpt and create muscle strength and definition.

## **Aqua Power: Tuesdays & Thursdays 9:15 AM - 10:00 AM**

Our most active and challenging water fitness class! This 45-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?!)

## **Water Walking & Mobilization: Thursdays 10:00 AM - 10:45 AM**

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

## **Aqua Muscle: Wednesday 9:15 AM – 10:00 AM & Tues & Thurs: 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

## **Aqua Stride and Strength: Wednesdays 10:00 AM - 10:45 AM, 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!

## **Water Aerobics: Friday 10:00 AM - 10:45 AM, Sat. 9:15 AM - 10:00AM**

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



## **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.

\* RECURRING SERVICE REQUIRED - Must set up monthly billing

For more information, please contact Kristen Ackerman 509-453-6521 ext 257    **1/13/26**