



WATER EXERCISE CLASSES

DUE TO THE CAPACITY LIMITS OF THE POOL,

Registration for the session is required.

Next registration is 4/13/2026 (Members) for May/June Session

(Non Member registration 4/20/2026)

FUN & FIT - limited to 28 people

GENERAL WATER EXERCISE COMBINING CARDIOVASCULAR TRAINING WITH RESISTANCE WEIGHT TRAINING FOR A TOTAL BODY WORKOUT. CLASS IS OPEN TO ALL ABILITIES. COMFORT IN WATER IS PREFERRED, NO SWIMMING NECESSARY.

WEDNESDAY 10 AM-11 AM

FRIDAY 10 AM-11 AM

SUNDAY 8 AM-8:45 AM

AQUA KICKBOXING - limited to 28 people

PUNCH, KICK AND TWIST YOUR WAY TO FITNESS IN THIS FUN FILLED CLASS. JOIN US AS WE USE THE METHODS OF TRADITIONAL KICK BOXING TO CREATE A LOWER IMPACT FULL BODY WORKOUT.

MONDAY 10 AM-10:45 AM

EZ AQUA - limited to 28 people

LOW IMPACT CLASS THAT FOCUSES ON BALANCE, FLEXIBILITY AND COORDINATION. GREAT CLASS FOR THOSE GETTING BACK INTO FITNESS.

TUESDAY 2 PM-3 PM

QUESTIONS OR CONCERNS PLEASE CONTACT

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Premium Water Exercise Classes

H2O Power

Smaller Aquatic Group Exercise Class designed to get you moving. Cardio and toning in this 45 minute action packed class.

Mondays at 11:15AM & Fridays at 11AM

**\$35 for 7
weeks**



Aqua Challenge

Set to hits of the '80s and '90s, this no-impact deep water exercise class (flotation belts provided) will improve your strength, cardiovascular health, and flexibility.

Saturdays at 8:20AM

