

FALL WATER FITNESS CLASS SCHEDULE

BEGINS TUESDAY, SEPTEMBER 8TH 2026



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>7:00am-8:00am</u> H2O Fit **/** (Catherine) INDOOR DIVE	<u>7:00am-8:00am</u> H2O Fit **/** (Catherine) INDOOR DIVE	<u>6:00am-7:00am</u> THIS CLASS WILL BEGIN IN MID-OCTOBER	<u>7:00am-8:00am</u> Cardio Core*** (Charlie) INDOOR DIVE	<u>7:00am-8:00am</u> Water & Resistance ** (Charlie) INDOOR DIVE
<u>9:00am-10:00am</u> Intervalocity **/** (Stephanie) SPECIALTY POOL	<u>9:00am-10:00am</u> Aqua Dance Cardio** (Michelle) SPECIALTY POOL	<u>9:00am-10:00am</u> Aqua Jocks **/** (Michelle) SPECIALTY POOL	<u>9:00am-10:00am</u> Water w/Buoyancy ** (Charlie) SPECIALTY POOL	<u>9:00am-10:00am</u> Water w/ Buoyancy ** (Charlie) SPECIALTY POOL
<u>10:00am-11:00am</u> Liquid Circuits *** (Stephanie) SPECIALTY POOL	<u>10:00am-11:00am</u> Functionally Fit * (Michelle) SPECIALTY POOL	<u>10:00am-11:00am</u> Hydro Tone **/** (Michelle) SPECIALTY POOL	<u>10:00am-11:00am</u> Water & Resistance ** (Charlie) SPECIALTY POOL	<u>10:00am-11:00am</u> H2O Fit * (Ellie) SPECIALTY POOL
<u>11:00am-12:00pm</u> Intervalocity **/** (Stephanie) DIVE TANK		<u>11:00am-12:00pm</u> Deep Challenge ** (Michelle) DIVE TANK		<u>11:00am-12:00pm</u> Strong & Strength **/** (Stephanie) DIVE TANK

ONE STAR * = LOW INTENSITY

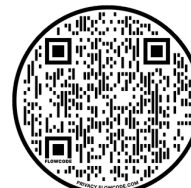
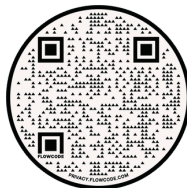
TWO STARS ** = MEDIUM INTENSITY

THREE STARS *** = HIGH INTENSITY

All classes may be modified to skill level. Please speak with the instructor before your class about any modifications



REGISTRATION REQUIRED FOR ALL CLASSES
SCAN QR CODE WITH YOUR PHONE
TO REGISTER ONLINE!



WANT TO KNOW WHAT'S GOING ON WITH
WATER FITNESS? SCAN QR CODE TO JOIN
THE MONTHLY NEWSLETTER!

AQUA JOCKS	Jump, pump, kick and jab your way to a high powered aquatic workout!
AQUA DANCE CARDIO	Showcases cardio, core, and strength training.
CARDIO CORE	Constant and consistent cardio workout with a specific core focus.
DEEP CHALLENGE	This class will vary in format- you might feel like you're line dancing one day and the next you're training for a triathlon!
FUNCTIONALLY FIT	The focus of this class is balance, posture, and range of motion. This is great for recovery or needing a gentle class to compliment your fitness routine.
INTERVELOCITY	Interval training involving a series of high intensity workouts interspersed with active rest periods which increases aerobic capacity while improving speed and agility.
H2O FIT	Cardio and strength training with a variety of non-impact moves using resistance training equipment.
HYDROTONE	A class for toning the whole body. This class uses equipment for some parts to increase intensity.
LIQUID CIRCUITS	A combination of cardio and strength training utilizing the pool wall, strength and aquatic equipment moving through series of timed intervals.
STRONG & STRENGTH	A hybrid of Hydro Tone and Functional Fitness. The class will use buoyant equipment and work on posture, balance, and range of motion in addition to muscle strengthening combo sets.
WATER W/BUOYANCY	Strength training class with a focus on the core.
WATER & RESISTANCE	Aerobic strength training with intervals to challenge you in the water!

WATER FITNESS FAQ'S:

What classes are best for beginners?

- H2O Fit
- Water & Resistance
- Functionally Fit

Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend getting it cleared with your doctor beforehand to prevent further injury. All of our instructors are highly skilled and can accommodate their class structures if needed. *please inform your instructor of any injuries prior to class*

How do I sign up and check in for class?

- Please sign up online with the QR code on the front of the flyer. You will need to check in at our east desk to obtain all class wristbands.
SIGN UP AND WRISTBAND IS REQUIRED

Class locations and assigned instructors may change with no prior notice.

CLASS RATES:	PER CLASS	10 PASS	20 PASS
ULTIMATE MEMBER	NO CHARGE	--	--
PREMIUM MEMBER	\$8.00	\$63.00	\$126.00
PREMIUM MEMBER SENIOR	\$6.00	\$54.00	\$108.00
PREMIUM MEMBER YOUTH	\$6.00	\$40.00	\$80.00
NON-MEMBER	\$9.00	\$72.00	\$144.00
NON-MEMBER SENIOR	\$7.00	\$63.00	\$126.00
NON-MEMBER YOUTH	\$7.00	\$54.00	\$108.00