

WELCOME BACK! EXERCISE & ENERGIZE

2022 Winter Aquatic Fitness

January 3rd– February 26th



Monday

AquaBody Strong (L)
5:15–5:45 a.m.

Deep Water Aerobics (L)
6:00–6:45 a.m.

Aqua Aerobics (R)
7:00–7:45 a.m.

Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.

Deep Water Aerobics (L)
9:25–10:10 a.m.

Aqua Dance (L)
10:15–11:00a.m.

Rusty Hinges (R)
10:45–11:30 a.m.

Aqualates (R)
11:00 a.m. – 12:00 p.m.

Vortex Water Power (R)
6:00–6:45 p.m.

Tuesday

Deep Water Aerobics (L)
6:00–6:45 a.m.

Senior Aqua Aerobics (R)
8:30–9:15 a.m.

Move & Stretch (R)
10:15–11:00 a.m.

Vortex Water Power (R)
11:00–11:45 a.m.

Wednesday

AquaBody Strong (L)
5:15–5:45 a.m.

Deep Water Aerobics (L)
6:00–6:45 a.m.

Aqua Aerobics (R)
7:00–7:45 a.m.

Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.

Deep Water Aerobics (L)
9:25–10:10 a.m.

Aqua Dance (L)
10:15–11:00a.m.

Rusty Hinges (R)
10:45–11:30 a.m.

Aqualates (R)
11:00 a.m. – 12:00 p.m.

Vortex Water Power (R)
6:00–6:45 p.m.

Thursday

Deep Water Aerobics (L)
6:00–6:45 a.m.

Senior Aqua Aerobics (R)
8:30–9:15 a.m.

Move & Stretch(R)
10:15–11:00 a.m.

Vortex Water Power (R)
11:00–11:45 a.m.

Aqua Aerobics (R)
6:00–6:45 p.m.

Friday

AquaBody Strong (L)
5:15–5:45 a.m.

Deep Water Aerobics (L)
6:00–6:45 a.m.

Aqua Aerobics (R)
7:00–7:45 a.m.

Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.

Deep Water Aerobics (L)
9:25–10:10 a.m.

Rusty Hinges (R)
10:45–11:30 a.m.

Aqualates (R)
11:00 a.m. – 12:00 p.m.

Adaptive Aerobics (R)
4:15–5:00 p.m.

SATURDAY

Aqua Body Strong
8:00—8:45am

LAP POOL

Aqua Body Strong

M/W/F 5:15–5:45 a.m.
Sat. 8:00–8:45 a.m.

Deep Water Aerobics

M—F 6:00–6:45 a.m.
M/W/F 9:25–10:10 a.m.

Aqua Dance

M/W 10:15–11:00a.m.

RECREATION POOL

Vortex Water Power

T/TH 11:00–11:45 a.m.
M/W 6:00–6:45 p.m.

Aqua Aerobics

M/W/F 7:00–7:45 a.m.
Thur 6:00–6:45 p.m.

Aqualates

M/W/F 11 a.m.—12:00p.m.

Move & Stretch

Tue /Thurs. 10:15–11:00 p.m.

Senior Aqua

M/W/F 7:45–8:30 a.m.
M–F 8:30–9:15 a.m.

Rusty Hinges

M/W/F 10:45–11:30 a.m.

Adaptive Aerobics

Friday 4:15–5:00p.m.

(L)=Lap Pool
(R)=Rec Pool

