



AQUATIC FITNESS CLASSES

November 2025 - Class Schedule

S = Shallow Water

DW = Deep Water

S/D= Shallow/Deep Water Mix

TR= Instructor In Training

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3 AM 8-9 DWB Cardio- *TR* Katharine 9:05-10 S Aqua Fit- *TR* Chris PM 6:00-6:45 S- Aqua Blast- Tracy	4 AM 8-9 DW Fitness- Corinne*TR* Katharine 9:05-10 S Aqua Fitness Lindsay PM 6:00-6:45 S Aqua Bootcamp- Tracy *TR* Chris	5 AM 8-9 DWB Strengthen and Tone- Corinne 9:05-10 S Aqua Fit- Lindsay *TR* Chris	6 AM 8-9 DW Strength, Conditioning, & Cardio- *TR* Katharine 9:05-10 S Aqua Fit - *TR* Katharine PM 6:00-6:45 S Aqua Combat- Lindsay	7 AM 8-9 DW Strength, Conditioning, & Cardio- Corinne 9:05-10 S Aqua Fit - *TR* Chris	8
9	10 AM 8-9 DWB Cardio- *TR* Chris 9:05-10 S Aqua Fit *TR* Katharine PM 6:00-6:45 S Aqua Blast- Lindsay	11 AM 8-9 DW Fitness- *TR* Katharine 9:05-10 S Aqua Fitness- Lindsay PM 6:00-6:45 S Aqua Fit- *TR* Chris	12 AM 8-9 DWB Strengthen and Tone- Corinne 9:05-10 S Aqua Fit- Lindsay *TR* Katharine	13 AM 8-9 DW Strength, Conditioning, & Cardio- *TR* Katharine 9:05-10 S Aqua Fit - Lindsay PM 6:00-6:45 S Aqua Fit- Tracy	14 AM 8-9 DW Strength, Conditioning, & Cardio- *TR* Chris 9:05-10 S Aqua Fit - *TR* Katharine	15
16	17 AM 8-9 DWB Cardio *TR* Katharine 9:05-10 S Aqua Fit *TR* Chris PM 6:00-6:45 S Aqua Blast- Tracy	18 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness *TR* Katharine PM 6:00-6:45 S Aqua Combat- Lindsay *TR* Chris	19 AM 8-9 DWB Strengthen and Tone Corinne *TR* Chris 9:05-10 S Aqua Fit- Lindsay *TR* Katharine	20 AM 8-9 DW Strength, Conditioning, & Cardio- Corinne 9:05-10 S Aqua Fit - *TR* Katharine PM 6:10-6:55 S Aqua Cardio- Self- Lead	21 AM 8-9 DW Strength, Conditioning, & Cardio- *TR* Chris 9:05-10 S Aqua Fit - *TR* Katharine	22
23/30	24 AM 8-9 DWB Cardio *TR* Chris 9:05-10 S Aqua Fit *TR* Chris PM 6:00-6:45 S Aqua Blast- Tracy	25 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Lindsay PM 6:00-6:45 S Aqua Fit- *TR* Chris	26 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit- *TR* Chris	27 Closed Happy Thanksgiving	28 AM 8-9 DW Strength, Conditioning, & Cardio- Corinne 9:05-10 S Aqua Fit - *TR* Chris	29



AQUATIC FITNESS CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

(S) Aqua Blast – Churn up the water in this challenging, low impact shallow water workout. Cardio, strength, flexibility - this class has it all.

(S) Aqua Body Strong (ABS)- Aqua Combat- Train like a fighter! An explosive, high intensity interval training (HIIT) cardio workout that will have you punching, kicking, and rebounding like an MMA Pro. Focus on gaining muscular strength, endurance, and coordination through water resistance training and choreographed movements.

(S) Aqua Boot Camp- A shallow water class that provides high intensity but low impact exercises at an interval that alternates focusing on cardio, strength, and endurance training in short bursts of exercise followed by stretching and flexibility to maximize recovery.

(S) Aqua Fit- This is a less intense class, but we are still here to get our heart rates up and have fun! Participants are encouraged to challenge themselves at a pace that works for them in this invigorating water aerobics session. Classes alternate between an emphasis on exercises: to keep the heart rate up, improve balance and control, build endurance, strengthen muscles, and enhance flexibility. Shallow water.

*****NEW***** (S) Spa Relax & Stretch- Participants are guided through low impact exercises taking inspiration from yoga, Pilates, and the gentle and intentional movements of Tai Chi to improve balance and control, enhance flexibility, promote mindfulness and relaxation.

(S) Aqua Step- A low-medium intensity shallow water work out focused on the intentionality of movement that develops strength and increasing mobility and flexibility. Great for beginners.

(S) Aqua Strength, Conditioning, & Cardio – Alternating between noodle, water weights, and dancing, this workout will tone every muscle while strength, conditioning, and cardio training.

(S) Aqua Zumba – Combining the different Zumba dance rhythms, with vigorous aqua exercises in this low impact but challenging workout.

Deep Water Blast Cardio – Get your heart rate up in this fast-paced class designed to burn calories and improve endurance. This class is designed to challenge you to get the most out of your workout as we use the resistance of the water and/or equipment like buoys, kickboards, noodles, etc. Aqua belt is recommended. Deep water.

Deep Water Blast Cardio and Abs – Bring your energy and get ready to work hard. This class incorporates a combination of exercises to burn calories and strengthen the abs. Aqua belt is recommended. Deep water.

Deep Water Blast Strengthen and Tone –A full body work out focusing on the resistance of the water to strengthen and tone your muscles. The resistance provided by water aerobics equipment and/or the wall helps to challenge participants. Aqua belt is recommended. Deep water.

Deep Water Fitness – Total body fitness using water weights, pool noodles and aqua belts. Combination of low, medium and high intensity exercises. Deep Water.

