



APRIL 2026 AQUATIC FITNESS CLASS SCHEDULE

S = Shallow Water

DW = Deep Water

S/D= Shallow/Deep Water Mix TR=

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 AM 8-9 DWB Strengthen and Tone- Corrine 9:05-10 S Aqua Fit- Katharine	2 AM 8-9 Strength, Conditioning, & Cardio- Katharine 9:05-10 S Aqua Fit - Katharine PM 6:00-6:45 Aqua Blast- Tracy	3 AM 8-9 Strength, Conditioning, & Cardio- Kather 9:05-10S Aqua Fit Katharine	4
5	6 AM 8-9 DW Cardio- Katharine 9:05-10 S Aqua Fit- Katharine PM 6:00-6:45 S- Aqua Blast- Tracy	7 AM 8-9 DW Fitness- Corrine 9:05-10 S Aqua Fitness- Katharine	8 AM 8-9 DWB Strengthen and Tone- Corrine 9:05-10 S Aqua Fit- Katharine	9 AM 8-9 Strength, Conditioning, & Cardio- Katharine 9:05-10 S Aqua Fit - Katharine PM 6:00-6:45 Aqua Bootcamp- Tracy	10 AM 8-9 Strength, Conditioning, & Cardio- Katharine 9:05-10S Aqua Fit Katharine	11
12	13 AM 8-9 DW Cardio- Katharine 9:05-10 S Aqua Fit- Katharine PM 6:00-6:45 S Aqua Blast- Tracy	14 AM 8-9 DW Fitness- Corrine 9:05-10 S Aqua Fitness- Katharine	15 AM 8-9 DWB Strengthen and Tone- Corrine 9:05-10 S Aqua Fit- Katharine	16 AM 8-9 Strength, Conditioning, & Cardio- Katharine 9:05-10 S Aqua Fit - Katharine PM 6:00-6:45 S Aqua Fit- Tracy	17 AM 8-9 Strength, Conditioning, & Cardio- Corrine 9:05-10 S Aqua Fit- Katharine	18
19	20 AM 8-9 DWB Cardio Katharine 9:05-10 S Aqua Fit- Katharine PM 6:00-6:45 S Aqua Blast- Tracy	21 AM 8-9 DW Fitness- Corrine 9:05-10 S Aqua Fitness- Katharine	22 AM 8-9 DWB Strengthen and Tone- Corrine 9:05-10 S Aqua Fit- Katharine	23 AM 8-9 Strength, Conditioning, & Cardio- Katharine 9:05-10 S Aqua Fit - Katharine PM 6:00-6:45 S Aqua Bootcamp- Tracy	24 AM 8-9 Strength, Conditioning, & Cardio- Corrine 9:05-10 S Aqua Fit- Katharine	25
26	27 AM 8-9 DWB Cardio Katharine 9:05-10 S Aqua Fit- Katharine PM 6:00-6:45 S Aqua Blast- Tracy	28 AM 8-9 DW Fitness- Corrine 9:05-10 S Aqua Fitness- Katharine	29 AM 8-9 DWB Strengthen and Tone- Corrine 9:05-10 S Aqua Fit- Katharine	30 AM 8-9 Strength, Conditioning, & Cardio- Katharine 9:05-10 S Aqua Fit - Katharine PM 6:00-6:45 S Aqua Bootcamp- Tracy		



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATIC FITNESS 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 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.

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

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.