

# AQUATICS FITNESS CLASS SCHEDULE

## MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine	1 2
3 <b>AM</b> <b>8-9</b> DW Cardio Katharine  <b>9:05-10</b> S Aqua Fit- Katharine  <b>PM</b> <b>6:00-6:45</b> S- Aqua Blast Tracy	4 <b>AM</b> <b>8-9</b> DW Fitness Corrine  <b>9:05-10</b> S Aqua Fitness Katharine	5 <b>AM</b> <b>8-9</b> DWB Strengthen and Tone Corrine  <b>9:05-10</b> S Aqua Fit Katharine	6 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine  <b>PM</b> 6:00-6:45 Aqua Bootcamp Tracy	7 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Corrine  <b>9:05-10</b> S Aqua Fit Katharine	8 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Corrine  <b>9:05-10</b> S Aqua Fit Katharine	9
10 <b>AM</b> <b>8-9</b> DW Cardio Katharine  <b>9:05-10</b> S Aqua Fit- Katharine  <b>PM</b> <b>6:00-6:45</b> S- Aqua Blast Tracy	11 <b>AM</b> <b>8-9</b> DW Fitness Katharine  <b>9:05-10</b> S Aqua Fitness Katharine	12 <b>AM</b> <b>8-9</b> DWB Strengthen and Tone Katharine  <b>9:05-10</b> S Aqua Fit Katharine	13 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine  <b>PM</b> <b>6:00-6:45</b> S Aqua Fit Tracy	14 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine	15 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine	16
17 <b>AM</b> <b>8-9</b> DW Cardio Katharine  <b>9:05-10</b> S Aqua Fit- Katharine  <b>PM</b> <b>6:00-6:45</b> S- Aqua Blast Tracy	18 <b>AM</b> <b>8-9</b> DW Fitness Katharine  <b>9:05-10</b> S Aqua Fitness Katharine	19 <b>AM</b> <b>8-9</b> DWB Strengthen and Tone Katharine  <b>9:05-10</b> S Aqua Fit Katharine	20 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine  <b>PM</b> <b>6:00-6:45</b> S Aqua Bootcamp Tracy	21 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Corrine  <b>9:05-10</b> S Aqua Fit Katharine	22 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Corrine  <b>9:05-10</b> S Aqua Fit Katharine	23
24 31 CLOSED FOR MEMORIAL DAY	25 <b>AM</b> <b>8-9</b> DW Fitness Corrine  <b>9:05-10</b> S Aqua Fitness Katharine	26 <b>AM</b> <b>8-9</b> DWB Strengthen and Tone Corrine  <b>9:05-10</b> S Aqua Fit Katharine	27 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Katharine  <b>9:05-10</b> S Aqua Fit Katharine  <b>PM</b> <b>6:00-6:45</b> Aqua Bootcamp Tracy	28 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Corrine  <b>9:05-10</b> S Aqua Fit Katharine	29 <b>AM</b> <b>8-9</b> Strength, Conditioning, & Cardio Corrine  <b>9:05-10</b> S Aqua Fit Katharine	30

S = Shallow Water DW = Deep Water S/D= Shallow/Deep Water Mix TR=

# AQUATIC FITNESS CLASS DESCRIPTIONS | MAY 2026

<b>(S) Aqua Blast</b>	Churn up the water in this challenging, low impact shallow water workout. Cardio, strength, flexibility – this class has it all.
<b>(S) Aqua Boot Camp</b>	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.
<b>(S) Aqua Fit</b>	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.
<b>(S) Aqua Strength, Conditioning, &amp; Cardio</b>	Alternating between noodle, water weights, and dancing, this workout will tone every muscle while strength, conditioning, and cardio training.
<b>Deep Water Blast Strengthen and Tone</b>	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.
<b>Deep Water Fitness</b>	Total body fitness using water weights, pool noodles and aqua belts. Combination of low, medium and high intensity exercises. Deep Water.

