

WATER EXERCISE SCHEDULE

Effective: February 1st, 2025



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE POOL

MONDAY

9a - 10a

Aqua Zumba
Shallow Water
Large Pool
Chris

TUESDAY

9a - 10a

Total Fitness
Shallow Water
Large Pool
Becky

10a - 11a

Deep Water
Large Pool
Becky

WEDNESDAY

9a - 10a

Total Fitness
Deep Water
Large Pool
Chris

THURSDAY

9a - 10a

Total Fitness
Shallow Water
Large Pool
Becky

10a - 11a

Deep Water
Large Pool
Becky

FRIDAY

9a - 10a

Total Fitness
Deep Water
Large Pool
Carol

SATURDAY

8a - 9a

Deep Water
Large Pool
Carol

Total Fitness, Shallow – Targets cardio fitness, muscular strength, endurance, and balance. Provides a great aerobic workout with less stress on the knees, ankles, and lower back. Different intensity options offered. Waist to chest water depth.

Total Fitness, Deep – Targets core strength, cardio endurance, muscular toning, and balance with no impact. Buoyancy belts are used for flotation and safety. Different intensity options offered.

Aqua Zumba – Blends Zumba philosophy with water resistance, for a pool party you can't miss! There's less impact on your joints, so you can really let loose. Water creates natural resistance, meaning every step is more challenging to help tone your muscles!

DEEP WATER

Is deep water harder than shallow water? No. Workouts can be equally effective in shallow or deep water. Deep water classes are different in that participants have no contact with the pool bottom. Different water dynamics affect movements in the deep water and provide a different workout that will help the range of motion, posture, and balance in addition to developing the cardiovascular system. Deep water classes are performed using flotation equipment, so participants can focus on proper form and technique.



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SMALL POOL

MONDAY

10a - 11a

Silver Sneakers
Carol

11a - 12a

Silver Sneakers
Carol

TUESDAY

9a - 10a

Gentle Aqua
Michelle

WEDNESDAY

10a - 11a

Silver Sneakers
Carol

11a - 12a

Silver Sneakers
Carol

THURSDAY

9a - 10a

Gentle Aqua
Michelle

FRIDAY

10a - 11a

Silver Sneakers
Carol

11a - 12a

Silver Sneakers
Carol

Gentle Aqua – Focuses on stretching and movement to reduce pain and stiffness while increasing range of motion in the joints and improving mobility and your ability to perform activities of daily living.

Silver Sneakers – Water aerobics classes can improve heart health, muscle strength, and joint mobility in a fun, supportive environment. Silver Sneakers Splash, for example, is a water aerobics and strength class designed for all skill levels – even non-swimmers. This aqua exercise class offers a high-energy workout that reduces impact on your knees and back.



SHALLOW WATER

What are the advantages to shallow water? Shallow water reduces the effect of gravity in waist to chest deep water. 50%-70% of a person's body weight is supported by the water. Since there is still contact with the bottom of the pool, movements are more similar to those on land.