

Summer Fitness Class Schedule

June 29th – Sept 6th, 2026.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		Deep H2O		Deep H2O			
9:30AM	Morning Mix		Morning Mix		Morning Mix		
10:30AM		Hatha Yoga					
11:15AM	Arthritics		Arthritics		Arthritics		
12:10PM	Strength & Sculpt	Balls & Bands	Walk it Out	SHRED	Ripped		
5:30PM		Zumba	Spin & Tone				
7:00pm			Aquacise			FITNESS HOURS Mon-Fri: 6:00am-8:00pm Sat- 7:00am-11:00am Sun: 11:00am-3:00pm	

LEGEND

* Aqua Classes: Competition Pool & Leisure Pool.

*Arthritics: Lower Leisure Pool.

*MPR Classes: MPR Aerobic Studio.



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<u>STRENGTH / RESISTANCE TRAINING / CARDIO</u>		<u>AQUATIC FITNESS</u>	
Balls & Bands (40M)	A full body experience using a mix of resistance bands, loop bands, bender balls and bosu balls to work balance core strength and muscular endurance all while having a Ball!	Arthritics (45M)	Designed to help those with joint pain and mobility conditions maintain good posture, ROM, general strength and cardiovascular stamina. Performed in our warm leisure pool which helps soothe sore joints and bones.
Morning Mix (60M)	1 full hour of toning cardio, core strengthening balance and stretching. Something for every level and a great way to meet new friends and challenge your limits	Aquacise (40M)	Designed to improve flexibility, range of motion, strength, muscle tone and cardio endurance while using the resistance of the water to cushion the feet, knees and back.
RIPPE D (40M/60M)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms	Deep H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact
SHRE D (40M)	Shred is a high intensity endurance based workout. utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.	<u>MIND & BODY CLASSES</u>	
Spin & Tone (60M)	A combination of traditional spin for 30 mins followed by muscular toning and core exercises off the bike, 30 min complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.	Hatha Yoga (60M)	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement.
Strength & Sculpt (40M)	Combines resistance training exercises with bodyweight movements to build muscle strength, improve muscle tone, and enhance overall fitness.		
Walk-it-Out (40 M)	A fun, flowing class where we alternate between high intensity intervals and low intensity walking for a non-stop full body workout		
ZUMBA (45M)	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.		



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