



MAY WATER EX 2026- LAP POOL



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 8A-WATER WELLNESS: MICHELLE S.	2	3
4 8A-WATER WELLNESS: MICHELLE S. 9A- AQUA ZUMBA: MICHELLE H	5 8:45A-DEEPLY FIT: LINDA 9:30A-WATER WELLNESS: PAM	6 8A-WATER WELLNESS: JONNY	7 8A-WATER WELLNESS: KATE 8:45A-DEEPLY FIT: LINDA	8 8A-WATER WELLNESS: MICHELLE S.	9	10
11 8A-WATER WELLNESS: MICHELLE S. 9A- AQUA ZUMBA: MICHELLE H.	12 8:45A-DEEPLY FIT: LINDA 9:30A-WATER WELLNESS: PAM	13 8A-WATER WELLNESS: JONNY	14 8A-WATER WELLNESS: KATE 8:45A-DEEPLY FIT: LINDA	15 8A-WATER WELLNESS: MICHELLE S.	16	17
18 8A-WATER WELLNESS: DEIDRE 9A- AQUA ZUMBA: MICHELLE H.	19 8:45A-DEEPLY FIT: MICHELLE S. 9:30A-WATER WELLNESS: PAM	20 8A-WATER WELLNESS: JONNY	21 8A-WATER WELLNESS: KATE 8:45A-DEEPLY FIT: MICHELLE S.	22 8A-WATER WELLNESS: MICHELLE S.	23	24
25 8A-WATER WELLNESS: NO CLASS 9:15A- AQUA ZUMBA: MICHELLE H.	26 8:45A-DEEPLY FIT: MICHELLE S. 9:30A-WATER WELLNESS: PAM	27 8A-WATER WELLNESS: JONNY	28 8A-WATER WELLNESS: KATE 8:45A-DEEPLY FIT: MICHELLE S.	29 8A-WATER WELLNESS: MICHELLE S.	30	31 SCAN HERE FOR ONLINE SCHEDULE

Please note that instructors AND classes are subject to change without prior notice.





LAP POOL CLASS DESCRIPTIONS

CLASS NAME:	LOCATION:	DESCRIPTION:	LEVEL OF INTENSITY:
Water Wellness	Lap Pool	Shallow Water Aerobics. This low impact class requires no swimming skills and can improve flexibility, range of motion and muscle tone.	Low to Moderate
Deeply Fit	Lap Pool	Athletes and beginners alike, take a plunge into this high intensity cardio and strength workout!	Moderate to Intense
Aqua Zumba	Lap Pool	Aqua Zumba is a dynamic and exhilarating aquatic fitness class that combines the lively rhythms of Latin and international music with the benefits of water-based exercise.	Low to Moderate



MAY WATER EX 2026- FAMILY POOL



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 9A-AQUABILITES: MICHELLE S. 10A-AQUA MOVES: CANDY 11A-HYDRO PILATES: CANDY	2	3 1:30PM - AQUA FIT: DIRK
4 9A-AQUABILITES: DOT 10A-AQUA MOVES: CANDY 7P-AQUA YOGA: NATALIE	5 9:45AM - AQUA YOGA: CANDY	6 9A-AQUABILITES: CANDY 10A-AQUA MOVES: CANDY 7P: WATER WELLNESS: PAM	7 9A-AQUABILITES: JONNY 10A-AQUA MOVES: PAM	8 9A - AQUABILITES: MICHELLE S. 10A-AQUA MOVES: CANDY 11A-HYDRO PILATES: CANDY	9	10 1:30PM - AQUA FIT: DIRK
11 9A-AQUABILITES: DOT 10A-AQUA MOVES: CANDY 7P-AQUA YOGA: NATALIE	12 9:45AM - AQUA YOGA: CANDY	13 9A-AQUABILITES: CANDY 10A-AQUA MOVES: CANDY 7P: WATER WELLNESS: PAM	14 9A-AQUABILITES: JONNY 10A-AQUA MOVES: PAM	15 9A - AQUABILITES: MICHELLE S. 10A-AQUA MOVES: CANDY 11A-HYDRO PILATES: CANDY	16	17 1:30PM - AQUA FIT: PAM
18 9A-AQUABILITES: DOT 10A-AQUA MOVES: CANDY 7P-AQUA YOGA: NATALIE	19 9:45AM - AQUA YOGA: CANDY	20 9A-AQUABILITES: CANDY 10A-AQUA MOVES: CANDY WATER WELLNESS: PAM	21 9A-AQUABILITES: JONNY 10A-AQUA MOVES: PAM	22 9A - AQUABILITES: MICHELLE S. 10A-AQUA MOVES: CANDY 11A-HYDRO PILATES: CANDY	23	24 1:30PM - AQUA FIT: DIRK
25 9:15A-AQUABILITES: DOT 10A-AQUA MOVES: CANDY 7P-AQUA YOGA: NO CLASS	26 9:45AM - AQUA YOGA: CANDY	27 9A-AQUABILITES: CANDY 10A-AQUA MOVES: CANDY WATER WELLNESS: PAM	28 9A-AQUABILITES: JONNY 10A-AQUA MOVES: PAM	29 9A - AQUABILITES: MICHELLE S. 10A-AQUA MOVES: CANDY 11A-HYDRO PILATES: CANDY	30	31 1:30PM - AQUA FIT: PAM SCAN HERE FOR ONLINE SCHEDULE

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FAMILY POOL CLASS DESCRIPTIONS

CLASS NAME:	LOCATION:	DESCRIPTION:	LEVEL OF INTENSITY:
Aquabilities	Family Pool	Warm water aerobics class. Powerful low impact moves will get your heart pumping for a great cardio workout.	Low to Moderate
Aqua Moves	Family Pool	Our Arthritis class. This fun, low intensity workout is perfect for promoting greater mobility and ease of motion	Low to Moderate
Aqua Fit	Family Pool	Challenge yourself with a dynamic aquatic workout that combines stretching, cardiovascular exercise, and strength training. No swimming ability required - friendly for all fitness levels!	Low to Moderate
Aqua Yoga	Family Pool	Strengthen and lengthen using the same principles of a Yoga class in the warm water pool! Use gentle resistance to strengthen and tone arms, legs, and core while improving your posture as well.	Low to Moderate
Hydro Pilates	Family Pool	This warm water class will help strengthen your core while improving your posture and increasing your flexibility.	Moderate to Intense