

Aquatics Schedule

2025

MONDAY

[L/P]	9:00-9:55am	AQUATICS AEROBICS Julie
[L/P]	10:30-11:40am	AQUATICS AEROBICS Julie
[T/P]	12:00-12:55pm	BALANCE, WALK, STRETCH Julie
[L/P]	6-7pm	WATER CARDIO Jen O

THURSDAY

[L/P]	9:00-9:50am	DEEP WATER RUNNING Cassie
[L/P]	12:00-12:50pm	WATER MUSCLE STRENGTHENING Crista
[T/P]	1:00-1:45pm	WARM WATER DANCE Crista

TUESDAY

[L/P]	9:00-9:50am	DEEP WATER RUNNING Jen O
[L/P]	10:30-11:20am	WATER MUSCLE STRENGTHENING Julie
[T/P]	11:45-12:35pm	WARM WATER CORE CHALLENGE Julie
[T/P]	12:45-1:35pm	WARM WATER CORE LITE Julie

FRIDAY

[L/P]	9:00-9:55am	AQUA CIRCUITS Carrie
[L/P]	11:00-11:50am	AQUA ZUMBA Crista
[T/P]	12:00-12:50pm	AQUA YOGA Carrie

WEDNESDAY

[L/P]	9-9:50am	AQUA CIRCUITS Julie
[L/P]	10:30-11:20am	AQUATICS AEROBICS Julie
[T/P]	11:45-12:35pm	AQUA YOGA Carrie

SATURDAY

[L/P]	9:30-10:20am	DEEP WATER RUNNING Cassie
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SUNDAY

[L/P]	8:00-8:55am	WATER CARDIO Sue
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[L/P] LAP POOL [T/P] THERAPY POOL

(A) / (B) ROTATING INSTRUCTORS

Updated 03.23.23

All water classes are 55 minutes in length, unless otherwise noted.