Aquatics Schedule 2026

MONDAY

	9:00-9:55am [L/P]	**AQUATICS AEROBICS** Julie
	10:30-11:20am [L/P]	**AQUATICS AEROBICS** Julie
	11:45-12:45pm [T/P]	**BALANCE, WALK, STRETCH** Julie
	6-7pm [L/P]	**WATER CARDIO** Jen O

TUESDAY

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

WEDNESDAY

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

THURSDAY

	9:00-9:50am [L/P]	**DEEP WATER RUNNING** Cassie

FRIDAY

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

SATURDAY

	9:00-9:50am [L/P]	**DEEP WATER RUNNING** Cassie

SUNDAY

	8:00-8:50am [L/P]	**WATER CARDIO** Darren

[L/P] LAP POOL [T/P] THERAPY POOL

(A) / (B) ROTATING INSTRUCTORS

Updated 5.26.26

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