

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

THURSDAY

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

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

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

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

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