



Our staff is a group of dedicated & spirited teachers! Each instructor has their own style of teaching. Every staff member is filled with a special enthusiasm for helping participants to feel motivated, energized & confident to work at an appropriate pace.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45–8:45 AM				Track Workout "Fusion" (Jane)		
9:00–10:00 AM	Hydropower (Sally)	Interval Training Ginni (2nd & 4th) Linda (1st & 3rd)	Interval Training (Jane)	Cardio-Core Technique (Kai)	Hydropower (Sally)	Hydropower (Jane/Rotating)
7:00–8:00 PM		Hydropower (Sally)	Interval Training Linda (1st & 3rd) Laila (2nd) Kia (4th)			

TRACK WORKOUT / FUSION - A high-intensity water workout based on B.A.A. speed intervals — open to all! This class emphasizes the "running stride" motion for endurance and form. The final 30 minutes add strength and resistance work using equipment for a balanced challenge.

HYDROPOWER - A total-body workout combining cardio, strength, core, and flexibility training. Use of swim gloves, foam dumbbells, or noodles adds variety and resistance for an energizing, full-body experience.

CARDIO-CORE TECHNIQUE - A dynamic core-focused water workout designed to strengthen the back and abdominal muscles. This class uses noodles and other equipment to support proper alignment, form, and added resistance.

INTERVAL TRAINING - A fun, fast-paced cardiovascular workout using timed intervals and active recovery between sets. This class blends a variety of movements to build endurance, strength, and overall fitness while keeping every session engaging and energizing.