AQUATIC EXERCISE | NOVEMBER 2026

MONDAY

8:30 am
Aqua Fit
Cammi | Medium

10:30 am
Aqua AMP
Kyle | Medium–Heavy

TUESDAY

10:30 am
Aqua Fit
Kyle | Medium

5:30 pm
Aqua Core
Natalie | Medium

WEDNESDAY

8:30 am
Aqua ROM + E
Christy | Light-Medium

10:30 am
Aqua Core + Yoga
Kyle | Medium

THURSDAY

10:30 am
Aqua Fit
Kyle | Medium

5:30 pm
Aqua AMP
Cammi | Medium–Heavy

FRIDAY

8:30 am
Aqua Core + Yoga
Kyle | Medium

10:30 am
Aqua AMP
Kyle | Medium

SATURDAY

8:45 am
Aqua Zumba®
Amy | Medium

CLASS GUIDE

Aqua AMP | Strength-focused aquatic circuits targeting the major muscle groups.

Aqua Core | A core-focused aquatic workout designed to build strength and stability. Aqua Core + Yoga combines 30 minutes of core with 15 minutes of yoga.

Aqua ROM + E | A low-impact workout focused on range of motion while gently elevating the heart rate.

Aqua Fit | A multilevel aquatic workout combining cardiovascular and muscular conditioning using the natural resistance of the water.

Aqua Zumba® | A high-energy, low-impact aquatic workout blending Zumba®-inspired movement with water resistance.

FAMILY RECREATION SWIM
Wednesday + Friday | 3:00–6:00 pm

Saturday + Sunday | 2:00–5:00 pm

GOOD TO KNOW
Kids ages 11–13 may attend classes with a parent.

Schedule is subject to change based on attendance and instructor availability.

MOVE MORE. LIVE BETTER.

Kyle Shunkey, Aquatics Coordinator 501-450-9292, ext. 308 | ConwayRegionalHFC.org