



**Aqua AMP** | 45-min format | This class offers a strength circuit designed to work all your major muscle groups.

**Aqua Fit** | 45-minute format | This multi-level aqua workout offers both cardiovascular and muscle conditioning using the water's resistance for a full body workout.

**Aqua Core** | 45-minute format | This workout is designed to tone and sculpt the body, while strengthening your core. Aqua Core + Yoga offers 30-minutes of core, followed by 15-minutes of yoga.

**Aqua ROM+E** | 45-minute format | This low impact class will focus on range of motion for the entire body while elevating your heart rate in a controlled manner. Great for beginners or individuals with arthritis and/or fibromyalgia.

**Aqua Zumba®** | 45-minute format | This class offers a low impact, high energy aquatic exercise class blending the Zumba® philosophy with water resistance to offer a pool party you won't want to miss.

\*Kids age 11-13 may attend classes with parent

\*The schedule is subject to change based on attendance & instructor availability

Time	Class	Instructor	Intensity
<b>MONDAY</b>			
8:30 am	Aqua Fit	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium - Heavy
<b>TUESDAY</b>			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Core	Audrey	Medium
<b>WEDNESDAY</b>			
8:30 am	Aqua ROM + E	Christy	Light - Medium
10:30 am	Aqua Core + Yoga	Kyle	Medium
<b>THURSDAY</b>			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Amp	Todd	Medium - Heavy
<b>FRIDAY</b>			
8:30 am	Aqua Core + Yoga	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium
<b>SATURDAY</b>			
8:45 am	Aqua Zumba®	Amy/Dena	Medium

## Family Recreation/Swim

Families can enjoy the pool on Wednesdays from 2:00 – 5:00 pm, Fridays from 2:00 – 6:00 pm, and Saturdays and Sundays from 2:00 – 5:00 pm.

Family recreation/swim is recreational time for members and child members under 11. This is the only time children under 11 are allowed in the pool unless participating in staff led swim lessons or special program. Children under 11 must be supervised in the pool area and children under 6 must be accompanied by an adult in the pool. Member exercise may be allowed at the same time and children under 11 may lap swim during family recreation/swim.