



# 2026 Aquatic Fitness Schedule

## AUGUST

| MONDAY                                                                                                                                  | TUESDAY                                                                                                                     | WEDNESDAY                                                                                                                | THURSDAY                                                                                                                        | FRIDAY                                                                                                                                                                          | SATURDAY                                                                   | SUNDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------|
|                                                                                                                                         |                                                                                                                             |                                                                                                                          |                                                                                                                                 |                                                                                                                                                                                 | 1                                                                          | 2      |
| 3<br>9:15/10am AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney  | 4<br>8:30/9am - AquaFit (S)<br>w/ Gina<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn  | 5<br>8:15/9am - AquaTabata (S)<br>w/ Gina<br>9:15/10am - AquaFit (S) w/ Gina<br>10:15/10:45am - AquaWalk (D)<br>w/ Gina  | 6<br>8:30/9am - AquaFit (S)<br>w/ Courtney<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn  | 7<br>8:15/9am - AquaWalk (S)<br>w/ Gina<br>9:15/10am - AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney  | 8<br>SATURDAY SPLASH<br>8:30/9:15AM - AquaFit<br>9:30/10:15am - Aqua Zumba | 9      |
| 10<br>9:15/10am AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney | 11<br>8:30/9am - AquaFit (S)<br>w/ Gina<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn | 12<br>8:15/9am - AquaTabata (S)<br>w/ Gina<br>9:15/10am - AquaFit (S) w/ Gina<br>10:15/10:45am - AquaWalk (D)<br>w/ Gina | 13<br>8:30/9am - AquaFit (S)<br>w/ Courtney<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn | 14<br>8:15/9am - AquaWalk (S)<br>w/ Gina<br>9:15/10am - AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney | 15                                                                         | 16     |
| 17<br>9:15/10am AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney | 18<br>8:30/9am - AquaFit (S)<br>w/ Gina<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn | 19<br>8:15/9am - AquaTabata (S)<br>w/ Gina<br>9:15/10am - AquaFit (S) w/ Gina<br>10:15/10:45am - AquaWalk (D)<br>w/ Gina | 20<br>8:30/9am - AquaFit (S)<br>w/ Courtney<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn | 21<br>8:15/9am - AquaWalk (S)<br>w/ Gina<br>9:15/10am - AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney | 22                                                                         | 23     |
| 24<br>9:15/10am AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney | 25<br>8:30/9am - AquaFit (S)<br>w/ Gina<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn | 26<br>8:15/9am - AquaTabata (S)<br>w/ Gina<br>9:15/10am - AquaFit (S) w/ Gina<br>10:15/10:45am - AquaWalk (D)<br>w/ Gina | 27<br>8:30/9am - AquaFit (S)<br>w/ Courtney<br>9:15/10am - AquaDance (S)<br>w/ Kimberly<br>5:30/6:15pm - AquaFit (S)<br>w/ Dawn | 28<br>8:15/9am - AquaWalk (S)<br>w/ Gina<br>9:15/10am - AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D)<br>w/ Courtney | 29                                                                         | 30     |
| 31<br>9:15/10am - AquaFit (S)<br>w/ Courtney<br>10:15/10:45am - AquaFit (D)<br>w/ Courtney<br>10:45/11:15am - AquaWalk (D) w/ Courtney  |                                                                                                                             |                                                                                                                          |                                                                                                                                 |                                                                                                                                                                                 | (S) = Shallow End<br>(D) = Deep End                                        |        |