



2026 Aquatic Fitness Schedule

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 8:15/9am - AquaDance (S) w/ Kimberly 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	2 8:30/9am - AquaFit (S) w/ Gina 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (S) w/ Dawn	3 8:15/9am - AquaTabata (S) w/ Gina 9:15/10am - AquaFit (S) w/ Gina 10:15/10:45am - AquaWalk (D) w/ Gina 10:45/11:15am - AquaWalk (D) w/ JoElyn	4 8:30/9am - AquaFit (S) w/ Courtney 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (S) w/ Dawn	5 8:15/9am - AquaWalk (S) w/ Gina 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	6 *KICKOFF TO SUMMER* 8:15/9am - AquaFit (S) w/ Staci 9:15/10am - AquaZumba (S) w/ Staci 10:15/10:45am - AquaWalk (D) w/ Courtney	7
8 8:15/9am - AquaDance (S) w/ Kimberly 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	9 8:30/9am - AquaFit (S) w/ Gina 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (S) w/ Dawn	10 8:15/9am - AquaTabata (S) w/ Gina 9:15/10am - AquaFit (S) w/ Gina 10:15/10:45am - AquaWalk (D) w/ Gina 10:45/11:15am - AquaWalk (D) w/ JoElyn	11 8:30/9am - AquaFit (S) w/ Courtney 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (S) w/ Dawn	12 8:15/9am - AquaWalk (S) w/ Gina 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	13	14
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22 8:15/9am - AquaDance (S) w/ Kimberly 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	23 8:30/9am - AquaFit (S) w/ Gina 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (S) w/ Dawn	24 8:15/9am - AquaTabata (S) w/ Gina 9:15/10am - AquaFit (S) w/ Gina 10:15/10:45am - AquaWalk (D) w/ Gina 10:45/11:15am - AquaWalk (D) w/ JoElyn	25 8:30/9am - AquaFit (S) w/ Courtney 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (D) w/ Dawn	26 8:15/9am - AquaWalk (S) w/ Gina 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	27	28
29 8:15/9am - AquaDance (S) w/ Kimberly 9:15/10am - AquaFit (S) w/ Courtney 10:15/10:45am - AquaFit (D) w/ Courtney 10:45/11:15am - AquaWalk (D) w/ Courtney	30 8:30/9am - AquaFit (S) w/ Gina 9:15/10am - AquaDance (S) w/ Kimberly 10:45/11:15am - AquaWalk (D) w/ JoElyn 5:30/6:15pm - AquaFit (S) w/ Dawn					

(S) = Shallow End
(D) = Deep End



2026 Aquatic Fitness Class Descriptions

JUNE

Aqua Fit (Shallow)

A low-impact, energizing workout in the shallow end of the pool that combines cardio and movement using pool accessories. Set to upbeat music, this class is easy on the joints, and no swimming skills are needed. Suitable for all fitness levels

Aqua Fit (Deep)

A low-impact full body workout in the deep-water using floatation belts. It boosts cardio, endurance, and core fitness while being easy on the joints. Participants must be comfortable in deep water.

Aqua Walk (Shallow)

This low-impact class uses walking, jogging, and other movements in the shallow end of the pool to improve overall fitness. Participants move throughout the shallow end of the pool and use a variety of accessories to keep the workout engaging. Suitable for all fitness levels.

Aqua Walk (Deep)

This deep-water class uses a floatation belt to keep you upright as you walk through the water with a variety of movements that engage your core. This no-impact, full-body workout is easy on the joints. Participants must be comfortable in deep water.

Aqua Tabata (Shallow)

A high-intensity water workout using the tabata format: 20 seconds of effort, 10 seconds of rest, repeated multiple times. It combines cardio and strength. Suitable for all fitness levels.

Aqua Dance (Shallow)

This high-energy aquatic workout blends rhythmic dance moves with water-based resistance training. It delivers a full-body cardio session that tones muscles while remaining low-impact and gentle on the joints. Suitable for all fitness levels.

Space is limited in several classes. Please arrive early so you do not miss your favorites as they will be filled on a first come first serve basis.

July schedule subject to change.