

JUNE 2025 \*\*STARTING JUNE 2ND\*\*

# AQUA GROUP FITNESS SCHEDULE:



## AM Schedule

### Aqua Walk (Shallow)

8am-8:45am | Mon & Wed

\*Space is limited

### Aqua Fit

9am-9:45am | Mon-Tues, Thurs-Fri

\*Wednesday class is OSF Aqua Fit

### Aqua Bootcamp (Deep)

11am-11:30am | Tues & Thurs

\*Space is limited

### Aqua Walk (Deep)

10am-10:30am | Fri

\*Space is limited



## PM Schedule

### Aqua Bootcamp (Deep)

6pm-6:30pm | Mon

\*Space is limited

### Aqua Fit:

5:30pm-6:15pm | Tues & Thurs

### Aqua Bootcamp (Shallow)

5:30pm-6:15pm | Wed

\*Space is limited



**NO WEEKEND CLASSES  
WILL BE OFFERED.**

**For all questions, please  
contact:**

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New to aquatic exercise? Not sure which class to choose?

Dive into our class descriptions to find the perfect fit for your fitness level and goals. Whether you're looking to build strength, improve mobility, or just have fun in the water, there's something here for everyone. **Space is limited in several classes, so those will be filled on a first come first serve basis.** You'll not only enjoy a great workout—you'll also make some amazing new friends along the way!



## Aqua Group Fitness Class Descriptions

### Aqua Fit:

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

### Aqua Bootcamp (Shallow):

A low-impact, full-body workout in the shallow end using a mix of pool equipment and functional movements. You'll run, jump, and power through a variety of exercises designed to keep you moving. Some exercises may take place on the pool deck.

### Aqua Bootcamp (Deep):

Get ready for a high-energy, full-body workout without the impact! This deep end class uses aqua dumbbells, flotation belts, and a variety of other aquatic fitness equipment to build strength, endurance and core stability. Participants must be comfortable in deep water and confident in their swimming abilities. Some exercises may take place on the pool deck.

### Aqua Walk (Shallow):

This low-impact class uses walking, jogging, and other movements in the shallow end 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-end class uses a flotation 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 that's easy on joints. Participants must be comfortable in deep water. Suitable for all fitness levels.

**\*July schedule subject to change\***