

AQUATICS - WATER FITNESS

Water Fitness

Get fit, increase energy and improve body tone in a low-impact class using the water's resistance for minimal stress on the body and joints. This cardio workout aims to improve flexibility, energy, dexterity and stability.

Aqua Vitality


This fitness program is designed for those with joint pain to exercise, increase strength and relax stiff joints in a moderate-intensity aerobic workout. Great for anyone with arthritis, this class aims to improve flexibility, energy, dexterity and stability.

Deep Water Exercise


























Strengthens the abdominals and other major muscle groups using float belts, water dumbbells and deep water resistance. Swimming ability is required.

Aqua Zumba

The Latin dance-infused fitness class is ideal for strengthening and toning from water resistance and has less impact on the joints. Proper swimwear is required. Offered at City Park.

 = Intensity Level

Class Schedule

Day & Time	Monday/Wednesday							Tuesday/Thursday							Friday	Sat							
	A.M.							P.M.		A.M.							P.M.		A.M.				
	6:15	8:00	9:00	9:30	10:00	11:00	11:30	6:00	7:00	6:15	8:00	9:00	9:30	10:00	11:00	6:00	7:00	9:00	10:00	11:00	9:00	10:00	
City Park																							
																							
				M																			
							W																
S&F																							
																							
CS																							

M Class is only Mondays

W Class is only on Wednesdays

SFC - Swim & Fitness Center

CS - Countryside

Classes are included with daily admission fee and free for Silver Sneakers.

Water walking is available throughout the day. All pool schedules are subject to change.