

Aquatic Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am h2o cardio resistance activity pool	NEW 7:30am h2o yoga activity pool	8:30am h2o cardio resistance activity pool	8:30am h2o variety exercise pool	8:30am h2o cardio resistance activity pool	8:30am h2o cardio resistance activity pool	8:30am h2o yoga activity pool
9:30am h2o workout exercise pool	8:30am h2o variety exercise pool	9:30am h2o workout exercise pool	9:30am h2o core and more 45 therapy pool	9:30am h2o workout exercise pool	9:30am h2o workout exercise pool	9:30am h2o workout exercise pool
10:30am h2o core and more 30 therapy pool	9:30am h2o core and more 45 therapy pool	10:30am h2o core and more 30 therapy pool	9:30am h2o cardio deep exercise pool	10:30am h2o core and more 30 therapy pool		
11:00am hydro low 45 therapy pool	9:30am h2o cardio deep exercise pool	11:00am hydro low 45 therapy pool	NEW 10:30am h2o strength interval exercise pool	11:00am hydro low 45 therapy pool		
12:00pm feeling fit with ms exercise pool	NEW 10:30am h2o strength interval exercise pool	12:00pm h2o stretch horizons 30 therapy pool	12:00pm hydro low 45 therapy pool	12:00pm h2o stretch horizons 30 therapy pool		
1:00pm h2o workout 45 exercise pool	12:00pm hydro low 45 therapy pool	1:00pm h2o workout 45 exercise pool	12:00pm feeling fit with ms exercise pool	1:00pm h2o workout 45 exercise pool		
1:45pm arthritis aquatics* therapy pool	1:00pm h2o walking 45 activity pool	1:45pm arthritis aquatics* therapy pool	1:00pm h2o walking 45 activity pool			
6:30pm h2o workout exercise pool	1:45pm arthritis aquatics* therapy pool	6:30pm h2o workout exercise pool	1:45pm arthritis aquatics* therapy pool			
6:30pm arthritis aquatics* therapy pool	4:30pm h2o workout exercise pool	6:30pm arthritis aquatics* therapy pool	NEW 6:00pm h2o box activity pool			
	NEW 6:00pm h2o strength interval activity pool					

Class Descriptions

h2o cardio deep

a great head to toe cardio workout with little to no impact on your hips, knees and ankles. great fitness option for knee injury recovery of fit individual, as well as an awesome cross-training opportunity for sports enthusiasts and competitors. buoyancy belts available for use.

h2o yoga

a gentle series of modified yoga asanas and additional movements focused on strengthening the core muscles and developing concentration and balance.

h2o stretch horizons 30

gentle and effective stretching with focus on breathing.

h2o box

love the power you feel when kicking and punching? then you'll love this high intensity fitness training in an aquatic environment. improve your strength, cardio and core!

h2o variety

bands, balls, boards...oh my! improve balance, build strength and burn calories using a variety of aquatic equipment in both shallow and deep water.

hydro low 45

soft flowing therapeutic exercise with mild aerobic content. the warm water encourages stretching, toning and form development.

feeling fit with ms

an aquatic exercise flexible enough to provide core, strength and balance and gait training or an aerobic workout. instructors are certified by the ms society and work hands-on with participants as needed.

h2o cardio resistance

heart pounding, foot stomping, arm swimming, never stop moving. calorie burning shallow water workout with the resistance challenge of the slide's current. a great cross-training opportunity for competing athletes and enthusiasts alike...and loads of fun.

h2o core and more

strengthen, tighten and tone your core! the 30 minute class is great to loosen up or cool down with the added bonus of an abdominal workout. the 45 minute class focuses on stretching, form, abs, posture and adds more toning exercises using the water resistance and optional equipment.

h2o walking

a low-level, shallow water workout to introduce individuals to the benefits of water exercise. impact work is great for bone density development/maintenance. the water is a safe environment for balance and coordination development.

h2o strength interval

strengthen using the water's natural resistance along with water weights, combined with cardio segments.

h2o workout

start your morning or afternoon with a solid workout for the whole body. the exercises are done in both the shallow and deep water, engaging the core and working the body for strength. a moderate cardio format can be modified to meet your needs. resistance equipment and buoyancy belts are used.

arthritis aquatics* (registration required)

developed by the national arthritis foundation, these gentle exercises are designed to strengthen and tone muscles key to daily activities, and to increase/maintain joint flexibility and range of motion. instructors certified through arthritis foundation.