WATER AEROBICS SCHEDULE
Fall 2026

TIME	CLASS	FEE	STUDIO	INSTRUCTOR
MONDAY				
8:30–9:15 am	Fun & Fit (Shallow)	Free	POOL	Chariss
TUESDAY				
8–8:45 am	Pool Party (Shallow)	Free	POOL	Pia
9–9:45 am NEW!	Aqua Strength	FREE		
WEDNESDAY				
8:30–9:15 am	Fun & Fit (Shallow)	Free	POOL	Chariss
THURSDAY				
8–8:45 am	Arthritis	$10/class $80/10 classes	POOL	Bebe/Valencia
9–9:45 am NEW!	Aqua Aerobics	Free	POOL	
FRIDAY				
8–8:45 am	Form & Function (Shallow)	Free	POOL	Bebe
9–9:45 am	Core-Cardio (Deep)	Free	POOL	Bebe

WATER AEROBICS **CLASS DESCRIPTION**

NEW! **Aqua Aerobics** Enjoy a full-body water workout designed to improve strength, tone muscles, and build cardiovascular endurance. The natural resistance of the water provides an effective workout while keeping movements low-impact and joint-friendly. Exercises combine cardio, total-body conditioning, and toning to help improve strength, flexibility, and endurance.

NEW! **Aqua Strength** An intense full-body workout that uses water weights and resistance training to build, sculpt and tone muscles. Exercises can be modified to match your individual abilities. Low-impact and joint-friendly. Splash and move your way to a stronger, healthier you! All fitness levels.

Arthritis A variety of water-based exercises for those who have difficulties exercising due to arthritis. The class includes range of motion and muscle strengthening exercises that help support day-to-day function. Led by Arthritis Foundation certified instructors.

Core-Cardio Focuses on core work, leg work and aerobic endurance without impact. The class will take advantage of the unique water properties to increase aerobic capacity and add muscular endurance in the same workout.

Form and Function This shallow water class will be focusing on getting the most out of every exercise. Strong emphasis on posture, balance, exercise purpose, muscular and cardio endurance using a wide variety of formats such as intervals, circuits and supersets.

Fun and Fit This low impact, but high intensity water class will work every part of the body.

Pool Party We'll mix it up with a fusion of Cardio Dance, Power Aquatics, and muscle toning set to a great mix of music. Big focus on cardio. This fun fluid dance workout gives you an energizing and creative workout while mixing it up to keep it fun. All fitness levels.