

# SPRING 2026 WATER AEROBICS SCHEDULE



## MAIN POOL

| MON  | TUE   | WED  | THU  | FRI  |
|--|---|--|--|--|
| 9:00 AM - 9:45 AM<br><b>Deep &amp; Shallow</b><br>INTERMEDIATE<br>M & W   Sujata     | 9:00 AM - 9:45 AM<br><b>Deep &amp; Shallow</b><br>ADVANCED<br>T & Th   Susie          | 9:00 AM - 9:45 AM<br><b>Deep &amp; Shallow</b><br>INTERMEDIATE<br>M & W   Sujata     | 9:00 AM - 9:45 AM<br><b>Deep &amp; Shallow</b><br>ADVANCED<br>T & Th   Susie             | 9:00 AM - 9:45 AM<br><b>Deep Water Motion</b><br>ADVANCED<br>Fri Only   Sujata   |
| 10:00 AM - 10:45 AM<br><b>Deep Water Motion</b><br>ADVANCED<br>M & W   Sujata        | 10:00 AM - 10:45 AM<br><b>Deep &amp; Shallow</b><br>INTER./ADVANCED<br>T & Th   Susie | 10:00 AM - 10:45 AM<br><b>Deep Water Motion</b><br>ADVANCED<br>M & W   Sujata        | 10:00 AM - 10:45 AM<br><b>Deep &amp; Shallow</b><br>INTERMED./ADVANCED<br>T & Th   Susie | 10:00 AM - 10:45 AM<br><b>Deep Water Motion</b><br>ADVANCED<br>Fri Only   Sujata |
|  | 11:00 AM - 11:45 AM<br><b>Strength &amp; Toning</b><br>INTERMEDIATE<br>T & Th   Stacy | 10:00 AM - 10:45 AM<br><b>Non-Impact</b><br>BEGINNER<br>Wed Only   Gary              | 11:00 AM - 11:45 AM<br><b>Strength &amp; Toning</b><br>INTERMEDIATE<br>T & Th   Stacy    |  |
| 11:00 AM - 11:45 AM<br><b>Cardio &amp; Strength</b><br>INTERMEDIATE<br>M & W   Randi |   | 11:00 AM - 11:45 AM<br><b>Cardio &amp; Strength</b><br>INTERMEDIATE<br>M & W   Randi |  |  |
| 12:00 PM - 12:50 PM<br><b>Deep Water Motion</b><br>ADVANCED<br>M & W   Susie         |   | 12:00 PM - 12:50 PM<br><b>Deep Water Motion</b><br>ADVANCED<br>M & W   Susie         |  |  |
| 6:00 PM - 6:45 PM<br><b>Water Workout</b><br>INTERMEDIATE<br>M & W   Shirley         | 6:00 PM - 6:45 PM<br><b>Power Workout</b><br>ADVANCED<br>T & Th   Cathi               | 6:00 PM - 6:45 PM<br><b>Water Workout</b><br>INTERMEDIATE<br>M & W   Shirley         | 6:00 PM - 6:45 PM<br><b>Power Workout</b><br>ADVANCED<br>T & Th   Cathi                  |  |



DESCRIPTIONS



REGISTRATION

## SHALLOW POOL

| MON   | TUE  | WED   | THU  | FRI  |
|---|--|---|--|--|
| 9:00 AM - 9:45 AM<br><b>Toning &amp; Flexibility</b><br>BEGINNER<br>M & W   Randi   |  | 9:00 AM - 9:45 AM<br><b>Toning &amp; Flexibility</b><br>BEGINNER<br>M & W   Randi   |  |  |
| 10:00 AM - 10:45 AM<br><b>Toning &amp; Flexibility</b><br>BEGINNER<br>M & W   Randi | 10:00 AM - 10:45 AM<br><b>Flex. &amp; Strength</b><br>BEGINNER<br>T & Th   Stacy | 10:00 AM - 10:45 AM<br><b>Toning &amp; Flexibility</b><br>BEGINNER<br>M & W   Randi | 10:00 AM - 10:45 AM<br><b>Flex. &amp; Strength</b><br>BEGINNER<br>T & Th   Stacy | 10:00 AM - 10:45 AM<br><b>Toning &amp; Flexibility</b><br>BEGINNER<br>Fri Only   Laura |
| 11:00 AM - 11:45 AM<br><b>Work the Water</b><br>BEGINNER<br>M & W   Susie           | 11:00 AM - 11:45 AM<br><b>Work the Water</b><br>INTERMEDIATE<br>T & Th   Susie   | 11:00 AM - 11:45 AM<br><b>Work the Water</b><br>BEGINNER<br>M & W   Susie           | 11:00 AM - 11:45 AM<br><b>Work the Water</b><br>INTERMEDIATE<br>T & Th   Susie   |  |
|   | 5:30 PM - 6:30 PM<br><b>Water Yoga</b><br>BEGINNER<br>T & Th   Dan               |   | 5:30 PM - 6:30 PM<br><b>Water Yoga</b><br>BEGINNER<br>T & Th   Lorraine          |  |

Members: \$20  
Non-members: \$60

Please note: Schedule is subject to change.