FALL 2 2026
WATER AEROBICS SCHEDULE

MAIN POOL

MON	TUE	WED	THU	FRI
9:00 AM – 9:45 AM **Deep & Shallow** INTERMEDIATE M & W | Sujata	9:00 AM – 9:45 AM **Deep & Shallow** ADVANCED T & Th | Susie	9:00 AM – 9:45 AM **Deep & Shallow** INTERMEDIATE M & W | Sujata	9:00 AM – 9:45 AM **Deep & Shallow** ADVANCED T & Th | Susie	9:00 AM – 9:45 AM **Deep Water Motion** ADVANCED Fri Only | Sujata
10:00 AM – 10:45 AM **Deep Water Motion** ADVANCED M & W | Sujata	10:00 AM – 10:45 AM **Deep & Shallow** INTER./ADVANCED T & Th | Susie	10:00 AM – 10:45 AM **Deep Water Motion** ADVANCED M & W | Sujata	10:00 AM – 10:45 AM **Deep & Shallow** INTERMED./ADVANCED T & Th | Susie	10:00 AM – 10:45 AM **Deep Water Motion** ADVANCED Fri Only | Sujata
	11:00 AM – 11:45 AM **Strength & Toning** INTERMEDIATE T & Th | Stacy	10:00 AM – 10:45 AM **Non-Impact** BEGINNER Wed Only | Gary	11:00 AM – 11:45 AM **Strength & Toning** INTERMEDIATE T & Th | Stacy	
11:00 AM – 11:45 AM **Cardio & Strength** INTERMEDIATE M & W | Randi		11:00 AM – 11:45 AM **Cardio & Strength** INTERMEDIATE M & W | Randi		
12:00 PM – 12:45 PM **Deep Water Motion** ADVANCED M & W | Susie		12:00 PM – 12:45 PM **Deep Water Motion** ADVANCED M & W | Susie		
6:30 PM – 7:15 PM **Water Workout** INTERMEDIATE M & W | Shirley	6:30 PM – 7:15 PM **Power Workout** ADVANCED T & Th | Cathi	6:30 PM – 7:15 PM **Water Workout** INTERMEDIATE M & W | Shirley	6:30 PM – 7:15 PM **Power Workout** ADVANCED T & Th | Cathi	

DESCRIPTIONS

REGISTRATION

SHALLOW POOL

MON	TUE	WED	THU	FRI
9:00 AM – 9:45 AM **Toning & Flexibility** BEGINNER M & W | Randi	9:00 AM – 9:45 AM **Aqua Barre** INTERMEDIATE T & Th | Anneliese	9:00 AM – 9:45 AM **Toning & Flexibility** BEGINNER M & W | Randi	9:00 AM – 9:45 AM **Aqua Barre** INTERMEDIATE T & Th | Lorraine	9:00 AM – 9:45 AM **Toning & Flexibility** BEGINNER Fri Only | Laura
10:00 AM – 10:45 AM **Toning & Flexibility** BEGINNER M & W | Randi	10:00 AM – 10:45 AM **Flex. & Strength** BEGINNER T & Th | Stacy	10:00 AM – 10:45 AM **Toning & Flexibility** BEGINNER M & W | Randi	10:00 AM – 10:45 AM **Flex. & Strength** BEGINNER T & Th | Stacy	10:00 AM – 10:45 AM **Toning & Flexibility** BEGINNER Fri Only | Laura
11:00 AM – 11:45 AM **Work the Water** BEGINNER M & W | Susie	11:00 AM – 11:45 AM **Work the Water** INTERMEDIATE T & Th | Susie	11:00 AM – 11:45 AM **Work the Water** BEGINNER M & W | Susie	11:00 AM – 11:45 AM **Work the Water** INTERMEDIATE T & Th | Susie	
	5:30 PM – 6:30 PM **Water Yoga** BEGINNER T & Th | Dan		5:30 PM – 6:30 PM **Water Yoga** BEGINNER T & Th | Lorraine	

Members: $20
Non-members: $60

Please note: Schedule is subject to change.

SESSION DATES: OCTOBER 26 – DECEMBER 20