



Water Exercise Schedule

2025

Water Aerobics & Propulsion Walking

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Propulsion Walking 6:00-11:15 AM	Propulsion Walking 6:00-11:15 AM	Propulsion Walking 6:00-11:15 AM	Propulsion Walking 6:00-11:15 AM	Propulsion Walking 6:00-11:15 AM	Propulsion Walking 8:30-12:00 PM
Low Impact Water Aerobics 7:15-8:00 AM		Low Impact Water Aerobics 7:15-8:00 AM		Low Impact Water Aerobics 7:15-8:00 AM	Deep Water High Intensity w/ Janet 8:45-9:45 AM
Deep Water Aqua Jog 8:00-8:45 AM		Deep Water Aqua Jog 8:00-8:45 AM		Deep Water Aqua Jog 8:00-8:45 AM	
Water Aerobics 9:00-9:45 AM		Water Aerobics 9:00-9:45 AM		Water Aerobics 9:00-9:45 AM	
Intermediate Water Aerobics 10:00-10:45 AM		Intermediate Water Aerobics 10:00-10:45 AM		Intermediate Water Aerobics 10:00-10:45 AM	
Deep Water High Intensity 4:15- 5:15 PM	Propulsion Walking 4:00-7:00 PM	Shallow Water Free Weights 4:15- 5:15 PM	Propulsion Walking 4:00-7:00 PM		
Deep Water Aqua Jog 6:30-7:15 PM		Deep Water Aqua Jog 6:30-7:15 PM			

*Highlighted in blue means the class is offered in the family pool.

*Highlighted in green means the class is offered in the competitive pool.

Enjoy these group classes we offer!

Low Impact Water

Deep Water Aqua Jog

Water Aerobics

Intermediate Water Aerobics

Deep Water High Intensity Water Fitness

Propulsion Walking

Members must be at least **13 years old** to participate in propulsion walking.