



# Winter 2025 Aquatic Group Fitness Registration



Register for Aquatic Group Exercise Classes in person, on the phone, or online!

**All Class Prices for 4 weeks: Member \$18 | Resident \$30 | Non-Resident \$50**

## [Water S.E.T Go! \(strength, endurance, training\) – Leisure Pool](#)

**Monday @ 6:15-7pm Session #2 March 3, 10, 17, 24, 31, and April 7**

**Wednesday @ 4:15-5pm- Session #1 Jan 3, 10, 24, 31 Feb 7 and 21 | Session #2 March 7, 14, 21, 28 April 4 & 11**

This mid-shallow aquatic group exercise class is for all abilities and levels. It focuses on fast paced interval training using cardio exercise and sometimes weight equipment for strength and conditioning all while listening to upbeat music!

## [Water Worx – Leisure Pool](#)

**Monday @ 9-9:45AM**

**Session #2 Feb 10, 17, 24, Mar 3**

**Session #3 Mar 10, 17, 24, 31 | Session # 4 Apr 7, 14, 21, 28**

**Wednesday @ 9-9:45AM**

**Session #2 Feb 12, 19, 26 Mar 5**

**Session #3 Mar 12, 19, 26 Apr 2 | Session #4 Apr 9, 16, 23, 30**

Tone and sculpt your body with low impact on your joints. This workout is a fun blend of cardio and resistance training that incorporates resistance tools such as aqua dumbbells and noodles.

## [Gentle Joints – Leisure Pool](#)

**Wednesday @ 10-10:45AM**

**Session #2 Feb 12, 19, 26 Mar 5**

**Session #3 Mar 12, 19, 26 Apr 2 | Session #4 Apr 9, 16, 23, 30**

A warm exercise program designed for people with arthritis and related conditions. This class will aid you with reducing fatigue, pain, and stiffness while improving and increasing strength.

## [Aqua Yoga – Leisure Pool](#)

**Monday @ 10-10:45AM**

**Session #2 Feb 10, 17, 24, Mar 3**

**Session #3 Mar 10, 17, 24, 31 | Session # 4 Apr 7, 14, 21, 28**

A gentle, low-impact aquatic exercise that combines yoga principles and poses with the therapeutic properties of water. This class can accommodate people of all fitness levels and help to increase mobility, strength, endurance and flexibility.

## [Aqua Fusion - Competition Pool](#)

**Tuesday @ 9:00-9:45AM**

**Session #2 Feb 11, 18, 25, Mar 4**

**Session #3 Mar 4, 11, 18, 25 | Session #4 Apr 1, 8, 15, 22**

Take advantage of the aqua environment to build muscular endurance, power, and overall toning through the creative use of drag, resistance, and buoyancy in the deep-water environment.