



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 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 5:30- 6:30 PM	Propulsion Walking 4:00-7:00 PM	Shallow Water Free Weights 5:30- 6:30 PM	Propulsion Walking 4:00-7:00 PM	Paddleboard Yoga 10:30-11:15 AM	
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.