



MOVE WITH US MAKE A SPLASH

September 7, 2026 – January 3, 2027*



WATER FITNESS CLASSES – MEANS POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am						Hydrofit
8:00 am	WATERinMOTION® Shallow	Aqua Tai Chi	NEW WATERinMOTION® Platinum	Aqua Tai Chi	WATERinMOTION® Shallow	
11:00 am		WATERinMOTION® Shallow		WATERinMOTION® Shallow		
11:15 am	Splash Fit		WATERinMOTION® Shallow		Splash Fit	
5:30 pm		High/Low H2O		High/Low H2O		
6:00 pm	Hydrofit		Hydrofit			

All classes are subject to changes and cancellations without notice per the discretion of fitness management.

*The schedule is subject to change due to low enrollment with a two week notice.

HOLIDAY BREAK WEEKS

There will be no water fitness classes running the week of Thanksgiving (November 23 – 28)
and the week of Christmas (December 21 – 26).

Customize your fitness schedule and have it with you wherever you go.
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AQUA TAI CHI 60 min. Class

Experience the gentle, flowing movements of Tai Chi and Qigong in a water setting. This class is designed to improve balance, build strength, and promote relaxation through slow, mindful movement. Each session concludes with a brief guided meditation in the water. Suitable for all levels.

HIGH/LOW H2O 60 min. Class

This is a high intensity class that utilizes the shallow and deep ends of the pool for a boot camp style approach. HIIT (High Intensity Interval Training) focuses on cardiovascular health and strength training, toning and muscle endurance. Catchy upbeat music will keep you motivated in this class while your instructor guides you through upper and lower body moves to reach your fitness goals. Class will begin with a 5–10 minute warm up followed by a 45–50 minute heart pumping workout and wrap up with a 5–10 minute cool down.

HYDROFIT 45 – 60 min. Class

Class participants can expect a higher cardiovascular intensity by participating in this class. Class will have 5–10 minute warm-up, 20 minutes of moderate cardio combined with strength training using pool equipment and/or the use of the pool wall, followed by 15–20 minutes of high intensity cardio. A 10-minute cool down along with various stretches will wrap up this heart pumping workout.

SPLASH FIT 60 min. Class

Splash Fit is a dynamic, low-impact water fitness class that blends cardio, strength, balance, and stretching into one fun, effective hour. The water's natural resistance builds muscle tone while staying gentle on the joints, making it ideal for all fitness levels. Whether you're looking to boost endurance, improve mobility, or simply stay active, Splash Fit delivers a full-body workout that leaves you feeling strong and revitalized.

WATERinMOTION® PLATINUM 60 min. Class

WATERinMOTION® Platinum is a low-impact, shallow-water workout designed specifically for active aging adults and people returning to exercise. This fun pool program combines easy-to-follow choreography with uplifting music to safely improve heart health, muscle strength, and flexibility. By using the natural buoyancy and resistance of water, it helps participants build balance, coordination, and agility while protecting the joints from stress and impact.

WATERinMOTION® SHALLOW 60 min. Class

This class is a fun, energetic aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular and full body strengthening workout. With land equivalent intensity, fantastic sing-along quality music, and passionate instructors, enjoy the pure fun of this 60-minute water workout!