

SUMMER WATER FITNESS CLASS SCHEDULE

EFFECTIVE MONDAY JUNE 1ST 2026



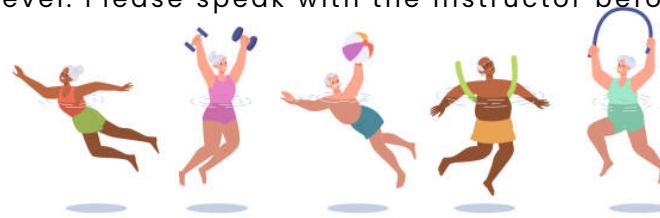
| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--|---|---|---|--|
| 7:00am-8:00am Cardio Core*** (Lynn) <i>OUTDOOR DIVE</i> | 7:00am-8:00am H2O Fit **/** (Catherine) <i>OUTDOOR DIVE</i> | 7:00am-8:00am H2O Fit ** (Catherine) <i>OUTDOOR DIVE</i> | 7:00am-8:00am Cardio Core*** (Lynn) <i>OUTDOOR DIVE</i> | 7:00am-8:00am H2O Fit * (Ellie) <i>OUTDOOR DIVE</i> |
| <u>CLASS COMING SOON...</u> | 9:15am-10:15am Kraken Combos *** (Michelle) <i>OUTDOOR DIVE</i> | 9:15am-10:15am Kraken Combos *** (Michelle) <i>OUTDOOR DIVE</i> | 9:15am-10:15am Water w/ Buoyancy*/** (Charlie) <i>OUTDOOR DIVE</i> | 9:15am-10:15am Aqua Strong **/** (Stephanie) <i>OUTDOOR DIVE</i> |
| 10:20am-11:20am Intervelocity**/** (Stephanie) <i>OURDOOR RACE (D)</i> | 10:30am-11:30am Hydro Fitness**/** (Michelle) <i>INDOOR SPECIALTY</i> | 10:20am-11:20am Get It Done! **/** (Michelle) <i>OURDOOR RACE (D)</i> | 10:30am-11:30am Water & Resistance* (Charlie) <i>INDOOR SPECIALTY</i> | 10:20am-11:20am Aqua Jam ** (Stephanie) <i>OURDOOR RACE (S)</i> |

ONE STAR * = LOW INTENSITY

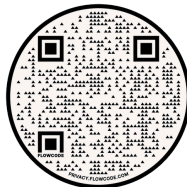
TWO STARS ** = MEDIUM INTENSITY

THREE STARS *** = HIGH INTENSITY

All classes may be modified to skill level. Please speak with the instructor before your class about any modifications



REGISTRATION REQUIRED FOR ALL CLASSES
 SCAN QR CODE WITH YOUR PHONE
 TO REGISTER ONLINE!



WANT TO KNOW WHAT'S GOING ON WITH
 WATER FITNESS? SCAN QR CODE TO JOIN
 THE MONTHLY NEWSLETTER!

| | |
|--------------------|---|
| AQUA JAM | A fusion of cardio, functional movement and dance set to music for a total body workout! Like a party, but better! |
| AQUA STRONG | Showcases cardio, core, and strength training. |
| CARDIO CORE | Constant and consistent cardio workout with a specific core focus. |
| GET IT DONE | This class involves cardio, strength, and tone exercises. The format is sectioned out so the the class moves quickly and is not repetitive. |
| INTERVELOCITY | HIIT interval training involving a series of high intensity workouts interspersed with active rest periods which increases aerobic capacity while improving speed and agility. |
| H2O FIT | Cardio and strength training with a variety of non-impact moves using resistance training equipment. |
| KRAKEN COMBOS | This class combines cardio and endurance to make a challenging class fun! Push yourself and the water will push back. |
| STRETCH & STRENGTH | A hybrid of Hydro Tone and Functional Fitness. The class will use buoyant equipment and work on posture, balance, and range of motion in addition to muscle strengthening combo sets. |
| WATER W/BUOYANCY | Strength training class with a focus on the core. |
| WATER & RESISTANCE | Aerobic strength training with intervals to challenge you in the water! |

WATER FITNESS FAQ'S:

What classes are best for beginners?

- H2O Fit
- Water & Resistance
- Aqua Jam

Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend getting it cleared with your doctor beforehand to prevent further injury. All of our instructors are highly skilled and can accommodate their class structures if needed. *please inform your instructor of any injuries prior to class*

How do I sign up and check in for class?

- Please sign up online with the QR code on the front of the flyer. You will need to check in at our east desk to obtain all class wristbands. ***SIGN UP AND WRISTBAND IS REQUIRED***

Outdoor classes in the summer are weather dependent and may be cancelled with no prior notice.

| CLASS RATES: | PER CLASS | 10 PASS | 20 PASS |
|-----------------------|-----------|---------|----------|
| ULTIMATE MEMBER | NO CHARGE | -- | -- |
| PREMIUM MEMBER | \$8.00 | \$63.00 | \$126.00 |
| PREMIUM MEMBER SENIOR | \$6.00 | \$54.00 | \$108.00 |
| PREMIUM MEMBER YOUTH | \$6.00 | \$40.00 | \$80.00 |
| NON-MEMBER | \$9.00 | \$72.00 | \$144.00 |
| NON-MEMBER SENIOR | \$7.00 | \$63.00 | \$126.00 |
| NON-MEMBER YOUTH | \$7.00 | \$54.00 | \$108.00 |