



2025-26 SESSION AQUA FITNESS SCHEDULE

Please follow our LIVE schedule on the mobile app for the
most up-to-date class times.
Effective 8/25/2025

THERAPY POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45AM	Aqua Arthritis		Aqua Arthritis		
9:45AM	Aqua Arthritis		Aqua Arthritis		
1:00PM	Pilates in the Water		Pilates in the Water		
2:00PM	Aqua Arthritis		Aqua Arthritis		Aqua Arthritis

Join the Stephens Family
YMCA Group Fitness
Facebook group:



LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45 AM	DEEP H2O		DEEP H2O		DEEP H2O
8:45AM	water motion		water motion		water motion
9:00 AM		ZUMBA		Splash Dance	
9:45AM	DEEP H2O		DEEP H2O		DEEP H2O

SATURDAY

10:30AM



Download our Daxko
Mobile app:



FAMILY POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	AQUA CIRCUITS		aqua HIIT		AQUA CIRCUITS
8:00AM		aqua fit		Aqua Combat	
10:45 AM	Water Walking		Aqua Yoga		Water Walking
11:00AM		Y WAVES		Y WAVES	
6:45PM		CORE & MORE		CORE & MORE	

SATURDAY

8:00AM

aqua fit

Schedule runs from
8/25/25-5/22/26



AQUA FITNESS CLASS DESCRIPTIONS



Aqua Arthritis follows the Arthritis Foundation Aquatic Program, providing exercises that have been scientifically evaluated and specific for those with arthritis and related diseases. Participants may improve range of motion, muscular strength and endurance, and balance control.



This class takes your workouts from mundane to exhilarating. Picture your pool transformed into segmented of exercise stations, each targeting different aspects of fitness—strength, endurance, mobility, core strength, and balance. Aqua fitness shoes recommended, but not required.



New Aquatic Format! Blend combat techniques (think punching, kicking, boxing) with Aquatic HIIT moves.... SuPeR FiT FuN! Aqua shoes recommended, but not required



Bodies will be sculpted in this moderate intensity class. With a variety of powerful moves, utilizing the water's natural resistance and provided equipment, you WILL get your heart rate up. A fun and safe way to promote cardio wellness, core stability, and improved balance.



Aqua Yoga is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and no impact aquatic activity.



Do you like early morning, high-intensity work-outs? With an active warm up, fast paced interval sets, and strength training, this class provides a refreshing total-body workout. Come get ready for your day!



Looking for an exhilarating moderate to high-intensity class-this is it! Designed for a healthier active you-strengthening core, building endurance, & sculpting your body! Options for all fitness levels offered. Aqua shoes recommended, but not required.



This hi-energy, no-impact, athletic approach to fitness will challenge you in a good way. Dynamic fast-paced circuits, hi-intensity interval sets, and lively music will give you a total body workout. Floatation belts provided or bring your own.



Designed for all bodies, Pilates in the Water is a foundational class that centers your core and prioritizes spinal mobility. Whether you're recovering, cross-training, or just curious about what your body can do in the water, this is strength you can feel without stress on your joints. Expect a rhythm of intentional breath, slow power, and mindful movement that challenges your stability and supports your goals.



Mix fun, familiar music, movement, and rhythm, with water and what do you get... an exciting aqua fitness class! This class aims at cardiovascular endurance, muscle toning, and a lot of fun. No dance partner needed.



Stretch and Strength is a fun form of exercising FOR ALL. You can catch this morning class in the Therapy Pool this Summer. Bring a friend to join the fun!!



Water In Motion is a fun, choreographed aquatic class that tones and tapers the entire body. Participants of all ages, skills, and fitness levels enjoy this moderate impact, fun, and lively water workout.



This low-impact exercise is gentler on your joints, has the potential to burn calories while building strength due to the challenge of the water's extra resistance. No swim experience required. Aqua fitness shoes recommended/optional.



Y Waves is a low to moderate intensity class. Various exercises will be offered to develop cardio-endurance and muscular strength, balance and coordination, encouraging and promoting a healthy lifestyle and improving activities of daily living.



Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous.