



AUGUST 2026-MAY 2027 AQUA FITNESS SCHEDULE

Please follow our LIVE schedule on our website, or download the Daxko mobile app for the most up-to-date class times.
Effective 8/19/2026

THERAPY POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45AM	Aqua Arthritis		Aqua Arthritis		
9:30AM	Aqua Arthritis		Aqua Arthritis		
1:00PM	Pilates in the Water		Senior Stability		Tai Chi for Me
2:00PM	Gentle Joints		Gentle Joints		Gentle Joints

Scan QR code to view our online class schedule:



LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45 AM	DEEP H2O		DEEP H2O		DEEP H2O
8:45AM	ZUMBA		splash dance		aqua fit
9:45AM	DEEP H2O		DEEP H2O		DEEP H2O

SATURDAY
10:30AM DEEP H2O

FAMILY POOL

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

SATURDAY
8:00AM aqua fit

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AQUA FITNESS CLASS DESCRIPTIONS



LOW INTENSITY



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.



Gentle exercises to help participants improve range of motion, muscular strength and endurance, balance control, and enjoy socializing.



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.



A water-based exercise routine to help seniors and older adults improve their balance, flexibility and strength in a warm water environment. The class, in a standing position routine, focuses on fall prevention with balanced exercise positions and gentle body movements.



TaiChi for Me combines the principles of TaiChi with the benefits of water therapy. Performed in chest-deep water, it emphasizes deep breathing and slow, graceful movements to improve balance, flexibility, and relaxation.

MODERATE INTENSITY



If you enjoy walking, consider water walking for variety. This low-impact exercise is gentle on joints, burns calories, and builds strength with water resistance. No swimming experience is required, and aqua fitness shoes are recommended but optional.



Aqua Zumba® merges traditional aspects of aqua fitness classes—like jumping jacks and cross-country skiing—with the lively, Latin-inspired dance moves and music that Zumba® fitness is renowned for.



Y Waves is a low to moderate intensity class that promotes a healthy lifestyle through exercises improving cardio endurance, muscular strength, balance, and coordination.

MODERATE TO HIGH INTENSITY



Bodies will be sculpted and heart rates elevated in fun classes featuring powerful moves from Core & More, Aqua HIIT, and Y Waves. Utilizing water's natural resistance, these movements can be performed with or without provided equipment. Aqua shoes are recommended but not required.



This dynamic, full-body workout combines combat-inspired movements with traditional aqua fitness exercises to improve strength, endurance, and flexibility. Take advantage of the water's natural resistance in this high-intensity, low-impact workout. No swimming experience is required. Water shoes are recommended but are not required.



Looking for a fun and exhilarating high-intensity class? This is it! Designed for a healthier active you; strengthening core, building endurance, & sculpting your body! Aqua shoes recommended, but not required.



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.

HIGH INTENSITY



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.



Like early morning high-intensity work-outs? Each class begins with active warm up; proceeds through fun, fast-paced circuits, interval set sets, and strength training exercises for a total-body workout.



This class elevates workouts by transforming the pool into exercise stations focusing on strength, endurance, mobility, core strength, and balance. Aqua fitness shoes are recommended but not mandatory.

All aqua fitness classes can be modified to all levels and intensities from beginner to expert.

CLASS DESCRIPTIONS UPDATED JULY 2026