

NOVEMBER 2020

GROUP FITNESS SCHEDULE

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-8:30AM FREE SWIM	6:00AM-12:00PM FREE SWIM	6:00AM-8:30AM FREE SWIM	6:00AM-12:00PM FREE SWIM	6:00AM-8:30AM FREE SWIM	7:30AM-2:30PM FREE SWIM
8:30-9:15AM AQUA FIT -Sussy		8:30-9:15AM AQUA FIT -Rotation		8:30-9:15AM AQUA FIT -Laura	
10:30-11:15 AM H2O IN DEPTH -Sussy		10:30-11:15 AM H2O IN DEPTH -Sussy		10:30-11:15AM Aqua Aerobics -Laura	

2:00-7:30PM FREE SWIM	2:00-6:00PM FREE SWIM	2:00-7:30PM FREE SWIM	2:00-6:00PM FREE SWIM
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***FREE SWIM:**
Laps, family time,
your own
workout, etc.

6:00—7:00PM
WATER FIT
-Lisa

6:00-6:45PM
WATER FIT
-Sussy

CLASS FITNESS LEVELS:

ALL FITNESS LEVELS
LAPS/RECREATIONAL SWIMMING

CLASS DESCRIPTIONS BY FITNESS LEVEL

Aqua Aerobics: Use water's natural resistance to improve cardiovascular fitness & muscle tone. Join this Intervals style class that will challenge you for 45 minutes!

Aqua Fit: A muscle conditioning water class alternated with low to moderate aerobic training. Feel the music, sing along and have lots of fun! 45 minutes of great energy!

H₂O In Depth: Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Swim, move and sweat during this amazing session!



AQUATICS INFORMATION & PRECEDURES

- 1. Two lanes will be always reserved for lap swimming.**
- 2. Additional 4 lanes will be available for recreational swimming like family time, laps swimming, aqua aerobics, etc.**
- 3. NO reservations for our water classes. First come first serve, max occupancy is 12 people.**
- 4. Please maintain Social Distance during your visit to the pool.**
- 5. Mask must be worn during anytime you are out the water.**
- 6. During class time there will be ONLY 2 lanes available for lap swimming only.**