

## December 2025

### WATER EXERCISE CLASSES

Classes scheduled to run Dec 1-19

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday
9-9:45am Water Fitness  In rec pool	9-9:45am Water Fitness/ Strength  In rec pool	9:15-10am Aqua Jog  In comp pool	9-9:45am Water Fitness  In rec pool		9-9:45am Water Fitness/ Strength  In rec pool	9:15-10am Aqua Jog  In comp pool	9-9:45am Water Fitness  In rec pool	8-8:45am Water Fitness  In rec pool
10-10:45am Arthritis  In rec pool	10-10:45am Arthritis  In rec pool		10-10:45am Arthritis  In rec pool	9:45-10:30am Water Fitness- Shallow/Deep  In comp pool	10-10:45am Arthritis  In rec pool		10-10:45am Arthritis  In rec pool	
	11-11:45am Aqua Yoga/Pilates  In rec pool							
2-2:45pm Arthritis  In rec pool			2-2:45pm Arthritis  In rec pool				2-2:45pm Arthritis  In rec pool	
7:15-8pm Water Fitness  In rec pool	7:30-8:15pm Aqua Drumming  In rec pool		7:15-8pm Water Fitness- tabata  In rec poo					

#### Pop-Up Classes Weeks of Christmas and New Years:

##### Monday Dec 22

9:15-10am Christmas Water Fitness in rec pool  
2-2:45pm Christmas Arthritis in rec pool  
7-7:45pm Christmas Yoga/Pilates in rec pool

##### Tuesday Dec 23

9:15-10am- Christmas Aqua Drumming in rec pool

##### Friday December 26

9:15-10am- Holiday Tabata in rec pool

##### Monday Dec 29

2-2:45pm Holiday Arthritis in rec pool

Aquatic Director: Shanti Blatnik  
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