



March 2026 WATER EXERCISE CLASSES

| 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 | 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 | 7:15-8pm Aqua Drumming In rec pool | | 7:15-8pm Water Fitness- tabata In rec pool | 5:30-6:15pm Water Fitness- shallow/deep In comp pool | | | |

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