



May 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
			9-9:45am Water Fitness 5/27 In comp pool			9-9:45am Water Fitness 5/29 In comp 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 Water Fitness/Functional 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				
	7:15-8pm Aqua Drumming 5/26 In comp pool		7:15-8pm Water Fitness- tabata 5/27 In comp pool				

****NOTE:** the recreational pool will be closed the last week of May as part of the yearly cleaning/maintenance. There will be no water exercise classes in the rec pool during this time.

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