FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 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 Only 8/4	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 Only 8/6	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 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				

Aquatic Director: Shanti Blatnik
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