FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 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 Water Fitness/Functional In rec pool		10-10:45am Arthritis In rec pool	
	11-11:45am Aqua Yoga/Pilates Only on 9/1 In rec pool						
2-2:45pm Arthritis In rec pool			2-2:45pm Arthritis In rec pool			2-2:45pm Arthritis In rec pool	
7:10-7:55pm Water Fitness In rec pool	7:10-7:55pm Aqua Drumming In rec pool		7:10-7:55pm Water Fitness- tabata In rec pool	7:10-7:55pm Aqua Yoga/Pilates In rec pool			

Aquatic Director: Shanti Blatnik
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