



# Water Fitness Class Schedule

*\* MARCH \* \* 2026 \**

Aqua shoes and water bottles are highly recommended for all shallow water classes.



843-281-3737

Time	Mon	Tues	Wed	Thurs	Fri	Sat
7:30a	AQUA BLAST Ann 7:00am Therapy Pool	FIT FOR FUN Rachael Therapy Pool	AQUA TABATA Ann 7:00am Therapy Pool	CONSTANT CARDIO Cherie 7:00am Therapy Pool	FIT FOR FUN Rachael Therapy Pool	AQUA SPLASH Susan Therapy Pool
8:00a	AQUA BLAST Ann Therapy Pool		AQUA TABATA Ann Therapy Pool	CARDIO HIIT Jennifer Therapy Pool		
	DEEP H2O CARDIO Cherie Lap					
8:30a		FIT FOR FUN Rachael Therapy Pool			FIT FOR FUN Rachael Therapy Pool	
9:00a	IN OVER YOUR HEAD Jennifer Lap	IN OVER YOUR HEAD Jennifer Lap	IN OVER YOUR HEAD Jennifer Lap	IN OVER YOUR HEAD Jennifer Lap	IN OVER YOUR HEAD Jennifer Lap	
	TRIPLE THREAT Ashley Therapy Pool		AQUA YOGA Laura Therapy Pool	AQUA BIIT Lisa Therapy Pool		
10:00a	EXER-STRTECH Jennifer Therapy Pool	RHYTHM & RIPPLES Mel Therapy Pool	FULL BODY TONE Mel Therapy Pool	IN OVER YOUR HEAD Mel Lap	AI CHI Lisa Therapy Pool	
			HYDRA-FIT PILATES Jennifer Lap Pool	ROCKIN AQUA Laura Therapy Pool		
11:00a	CONSTANT CARDIO Jennifer Therapy Pool	ROCKIN' AQUA Laura Therapy Pool	CONSTANT CARDIO Jennifer Therapy Pool	ROCKIN' AQUA INTERVALS Laura Therapy Pool	CONSTANT CARDIO Jennifer Therapy Pool	
5:30P	FULL BODY TONE Sue / Ashley Therapy Pool		TRIPLE THREAT Ashley Therapy Pool			

Water Fitness Calendar on back.

Revised 2/27/2026 @ 12:58 PM

# Water Fitness Class Descriptions

**All classes are 45 minutes.**

## **Aqua BIT: Balance-Intervals-Tone \*NEW CLASS !!\***

This class focuses on balancing skills improving stability, mobility & toning stabilizers for core, arms & legs. HIIT intervals are interspersed boosting your heart rate which improves cardiovascular strength and overall fitness.

## **Ai Chi**

Slow graceful movements to soothing music promoting relaxation, balance, reflection while increasing range of motion. New to class? Please arrive 5 minutes early for orientation.

## **Aqua Blast**

Expect the unexpected in this overall aqua fitness class! No two classes are alike. You'll get a surprise workout every time and leave feeling revived and ready for your day!

## **Aqua Splash**

Enjoy this full body class that will provide cardio conditioning with strengthening and toning components for an invigorating workout.

## **Aqua Tabata**

This fast-paced class will get your heart pumping using a series of 4-minute exercise sequences alternating between short bouts of intensity and rest. New to aqua exercise? Work at your own pace and gradually increase your intensity. Don't miss out on this one!

## **Aqua Yoga**

A flowing sequence of motion that blends the principles of yoga with the unique properties of water for a low-impact, full-body workout that enhances flexibility, balance, strength, and relaxation. All levels welcome.

## **Cardio HIIT**

Ready, set, **GO!** Short burst of intensity followed by timed recovery make this a great way to burn more calories & fat, boost your metabolism while listening to your favorite tunes. Set your clocks and come out early to get revved up for your day.

## **Constant Cardio**

Get your heart moving with this invigorating full body workout using weights, noodles and body resistance to tunes that you love. A great way to start your day!

## **Exer-Stretch**

This class incorporates guided stretching to improve range of motion, reduce pain and prevent injury. Elements include breathing awareness and balance while emphasizing posture.

## **Fit For Fun**

Challenge yourself with intervals of strength and resistance for a full body workout using dumb bells and noodles. You'll find every muscle group working and reap the benefits of more energy, more strength and increased cardio efficiency. Start your day right. **Let's get wet!**

## **Full BodyTone**

A mix of cardiovascular, strength and toning exercises is the perfect way to start or end your day. Come work at your own pace. Work it up or work it down. It's up to you. Come get fit and *energized!*

## **Hydro-Fit Pilates (Lap Pool)**

Come experience a system of controlled, precise movements that focus of strengthening the core, improving flexibility and enhancing posture using the resistance of water in a joint friendly environment.

## **In Over Your Head / Deep Water Cardio**

Creative cardiovascular exercises in deep water combined with water resistance training will help tone and firm your entire body. Challenge yourself to a different kind of workout. You'll be glad you did! Flotation belts are required.

## **Rockin' Aqua**

An easy-to-follow, choreographed, full-body workout with a super-fun playlist to keep you moving. You will burn calories, strengthen and tone muscles, stretch, and build endurance using noodles, weights, and resistance bands. All levels are welcome.

## **Rockin' Aqua Intervals**

A dynamic, beat-driven workout, alternating periods of activity and recovery with interspersed cardio strength & toning exercises. This interval training class begins with warm-up and ends with essential stretching.

## **Rhythm & Ripples**

Instructor Mel joins you in the water as you exercise and rock to classic hits, challenging yourself with diverse movements and intensities. Come expecting humor and wit while you get fit and ready for your day!

## **Triple Threat**

This class combines three types of resistance: water, dumbbells, and noodles, for a full-body workout as we focus on strength, endurance, and cardio, targeting major muscle groups through a variety of exercises.

***Water Fitness Calendar on back.***

***Revised 2/27/2026 @ 12:58 PM***