



DOME UP WEEK

Fish Out of Water Classes!

We know how much you love our aqua classes, and while we'll still offer some options during Dome Up Week, we also know that weather can be unpredictable. That's why we're introducing "Fish Out of Water" classes—fun alternatives to keep you moving. Whether you brave the waters or brave a new class, step outside your comfort zone and join the fun! Aqua Classes will be held in the Rec Pool until the dome installation is complete, after which they will move under the dome.

DAY	CLASS	TIME	STUDIO
 MONDAY 10/13	AQUA BOX	8:00 AM - 8:45 AM	REC POOL
 MONDAY 10/13	SCULPT & STRETCH	9:00 AM - 9:45 AM	SPORT COURT
 TUESDAY 10/14	AQUA ATHLETIC INTERVALS	8:00 AM - 8:45 AM	REC POOL
 TUESDAY 10/14	CHAIR YOGA	9:00 AM - 9:45 AM	STUDIO 2
 TUESDAY 10/14	AQUA SCULPT & TONE	6:00 PM - 6:45 PM	REC POOL
 WEDNESDAY 10/15	AQUA ZUMBA	8:00 AM - 8:45 AM	REC POOL
 WEDNESDAY 10/15	WALKING INTERVALS	9:00 AM - 9:45 AM	SPORTS COURT
 THURSDAY 10/16	AQUA ATHLETIC INTERVALS	8:00 AM - 8:45 AM	REC POOL
 THURSDAY 10/16	AQUA SCULPT & TONE	9:00 AM - 9:45 AM	REC POOL
 THURSDAY 10/16	AQUA SCULPT & TONE	6:00 PM - 6:45 PM	REC POOL
 FRIDAY 10/17	AQUA YOGA	9:00 AM - 9:45 AM	REC POOL
 SATURDAY 10/18	AQUA ZUMBA	9:00 AM - 9:45 AM	REC POOL



serving family, fitness & fun!



CLASS DESCRIPTIONS

Fish Out of Water Classes!

Chair Yoga:

Chair yoga is a gentle form of yoga that is practiced while seated in a chair or using a chair for support. This type of yoga is particularly beneficial for individuals who find traditional yoga poses challenging due to balance issues or difficulty getting up and down from the floor.

Sculpt & Stretch:

Sculpt and Stretch is a dynamic fitness class that combines traditional but gentle body sculpting techniques with comprehensive stretching exercises. Participants with all ability levels will have options to sculpt and lengthen their muscles.

Walking Intervals:

Walking Intervals is a versatile fitness class that combines walking exercises with strength training intervals to provide a balanced workout and increase functional mobility.

Try something new!

