

Program Schedule for December 30, 2024-February 28, 2025

** All classes are subject to change due to availability of instructor**

Monday	Time	Location	Instructor
Water Mania (no class Jan. 20, Feb. 17)	7:30-8:15am	EP Pool	Lisa
Boga Fit (no class Jan. 20, Feb. 17)	8:30-9:15am	Comp Pool	Lisa
Tuesday			
Water Works	7:30-8:15am	EP Pool	Beth
N2 Deep	8:30-9:15am	Comp Pool	Lisa
Chair Fitness (no class Dec. 31)	8:30-9:15am	Cadence Bank RM	Diana
YOGA for Stretch and Strength (no class Dec. 31)	9:30-10:30am	Cadence Bank RM	Diana
Mat Pilates Express (no class Dec. 31)	4:15-4:45pm	Cadence Bank RM	Diana
SPIN (first come, first served) (no class Dec. 31)	5:00-5:45pm	Cadence Bank RM	Diana
Wednesday			
Water Works (no class Jan. 1)	7:30-8:15am	EP Pool	Beth
AB Express (no class Jan. 1, 22)	8:45-9:15am	Cadence Bank RM	Diana
SPIN (first come, first served) (no class Jan. 1, 22)	9:30-10:00am	Cadence Bank RM	Diana
Thursday			
Water Mania	7:30-8:15am	EP Pool	Lisa
Boga Fit	8:30-9:15am	Comp Pool	Lisa
Chair Fitness (no class Jan. 2)	8:30-9:15am	Cadence Bank RM	Diana
Yoga for Strength and Stretch (no class Jan. 2)	9:30-10:30am	Cadence Bank RM	Diana
Mat Pilates Express (no class Jan. 2)	4:15-4:45pm	Cadence Bank RM	Diana
SPIN (first come, first served) (no class Jan. 2)	5:00-5:45pm	Cadence Bank RM	Diana
Friday			
Aqua Pilates Express (no class Dec. 3)	6:45-7:15am	Comp Pool	Diana
Dance Waves (no class Jan. 3)	7:30-8:15am	EP Pool	Diana
Volley Ball	8:30-9:30am	EP Pool	
AB Express (no class Jan. 3)	8:45-9:15am	Cadence Bank RM	Diana
SPIN (first come, first served) (no class Jan. 3)	9:30-10:00am	Cadence Bank RM	Diana
Splish-Splash	12:00-1:00pm	EP Pool	
Saturday			
SPIN (first come, first served) (no class Jan. 4)	8:15-9:00am	Cadence Bank RM	Diana
Rec. Swim	12:00-5:00pm	EP & Comp Pool	
Sunday			
Rec. Swim	1:00-5:00pm	EP & Comp Pool	

Descriptions of Classes:

AB Express: Abs-focused 30-minute class with specialized equipment. Wear non-restrictive clothing.

Aqua Pilates Express- Water-based mat class designed to specifically target your core muscles.

Boga Fit: The class combines cardio, strength, Pilates, balance, and coordination.

Chair Fitness: helps regain strength and flexibility while seated, no mat required, and accessible to all.

Dance Waves: Twist, slide, hustle, and cha-cha to your favorite tunes. Fun Friday!

N2 Deep: No-impact, high-cardio class that focuses on coordination.

Rec Swim: Bring the family to swim or jump off the diving board!

SPIN: A choreographed rhythm ride. Bring a water bottle and hand towel. Closed-toe or bike shoes required.

Splish-Splash: Ages 5 and under with an adult (18+). One child per adult in the water.

Volley Ball: Join a group of patrons playing volleyball during the allotted time. Open to all.

Water Mania- High cardio boosts fitness, strengthens muscles, and burns fat.

Water Works: Low to medium impact class that improves flexibility while strengthening muscles.

Yoga for Stretch and Strength: helps regain and maintain strength while improving flexibility. Bring a mat.

Closures

January 1, 2025 New Year's Day
 January 20, 2025 Martin Luther King Jr. Day
 February 17, 2025 Presidents' Day