

## Program Schedule for March 3 – May 2, 2025

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

Monday	Time	Location	Instructor
Water Mania	7:30-8:15am	EP Pool	Lisa
Boga Fit	8:30-9:15am	Comp Pool	Lisa
<b>Tuesday</b>			
Water Works	7:30-8:15am	EP Pool	Beth
N2 Deep	8:30-9:15am	Comp Pool	Lisa
Chair Fitness (no class April 1, 22)	8:30-9:15am	Cadence Bank RM	Diana
YOGA for Stretch and Strength (no class April 1, 22)	9:30-10:30am	Cadence Bank RM	Diana
Mat Pilates Express (no class April 1, 22)	3:45-4:15pm	Cadence Bank RM	Diana
SPIN (first come, first served) (no class April 1, 22)	4:30-5:15pm	Cadence Bank RM	Diana
<b>Wednesday</b>			
Water Works	7:30-8:15am	EP Pool	Beth
AB Express (no class March 19)	8:45-9:15am	Cadence Bank RM	Diana
SPIN (first come, first served) (no class March 19)	9:30-10:00am	Cadence Bank RM	Diana
<b>Thursday</b>			
Water Mania	7:30-8:15am	EP Pool	Lisa
Boga Fit	8:30-9:15am	Comp Pool	Lisa
Chair Fitness	8:30-9:15am	Cadence Bank RM	Diana
Yoga for Strength and Stretch	9:30-10:30am	Cadence Bank RM	Diana
Mat Pilates Express	3:45-4:15pm	Cadence Bank RM	Diana
SPIN (first come, first served)	4:30-5:15pm	Cadence Bank RM	Diana
<b>Friday</b>			
Dance Waves (no class April 18)	7:30-8:15am	EP Pool	Diana
Volley Ball (no class March 7, 28, April 4, 18)	8:30-9:30am	EP Pool	
AB Express (no class April 18)	8:45-9:15am	Cadence Bank RM	Diana
SPIN (first come, first served) (no class April 18)	9:30-10:00am	Cadence Bank RM	Diana
Splish-Splash (excludes April 18)	12:00-1:00pm	EP Pool	
<b>Saturday</b>			
SPIN (no class April 19)	8:15-9:00am	Cadence Bank RM	Diana
Rec. Swim (excludes April 19)	12:00-5:00pm	EP & Comp Pool	
<b>Sunday</b>			
Rec. Swim (excludes April 20)	1:00-5:00pm	EP & Comp Pool	

### Descriptions of Classes:

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

**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.

### **Additional Fun & Family Rec Swim Times**

**March 10-14 @ 1-5pm**

### **Closures**

**Easter Weekend – April 18-20**