

## Program Schedule for May 5 – August 3, 2025

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

Monday	Time	Location	Instructor
Water Mania (no class May 26)	8:30-9:15am	EP Pool	Lisa
Boga Fit (no class May 26)	9:30-10:15am	Comp Pool	Lisa
<b>Tuesday</b>			
Water Works (no class July 29)	7:30-8:15am	EP Pool	Beth
N2 Deep (no class July 29)	8:30-9:15am	Comp Pool	Lisa
Chair Fitness (no class May 13, June 3, July 29)	8:30-9:15am	Cadence Bank RM	Diana
Yoga (no class May 13, June 3, July 29)	9:30-10:30am	Cadence Bank RM	Diana
SPIN (no class May 13, June 3, July 29)	4:30-5:15pm	Cadence Bank RM	Diana
Boga Fit Express (no class May 13, July 29)	5:30-6:00pm	Comp Pool	Diana
<b>Wednesday</b>			
Water Works (no class July 30)	7:30-8:15am	EP Pool	Beth
AB Express (no class July 30)	8:45-9:15am	Cadence Bank RM	Diana
Water Vets (no class July 30)	9:30-10:30am	EP Pool	Beth
SPIN (no class July 30)	9:30-10:00am	Cadence Bank RM	Diana
<b>Thursday</b>			
Water Mania (no class July 31)	8:30-9:15am	EP Pool	Lisa
Boga Fit (no class July 31)	9:30-10:15am	Comp Pool	Lisa
Yoga (no class July 31)	9:30-10:30am	Cadence Bank RM	Diana
SPIN (no class July 31)	4:30-5:15pm	Cadence Bank RM	Diana
<b>Friday</b>			
Volley Ball (excludes July 4, 18, Aug. 1)	8:30-9:30am	EP Pool	
AB Express (no class May 9, July 4, 18, Aug. 1)	8:45-9:15am	Cadence Bank RM	Diana
SPIN (no class May 9, July 4, 18, Aug. 1)	9:30-10:00am	Cadence Bank RM	Diana
Splish-Splash (May 9 and 16 <sup>th</sup> Only)	12:00-1:00pm	EP Pool	
<b>Saturday</b>			
SPIN (no class May 10, 31, July 19, Aug. 2)	8:15-9:00am	Cadence Bank RM	Diana

### 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 balance, strength, and flexibility and accessible to all.
- **Family Fun-time Swim:** Bring the family to swim or jump off the diving board!
- **N2 Deep:** No-impact, high-cardio class that focuses on coordination.
- **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 Vets:** Low-impact, high-benefit aquatic fitness class for military veterans, focused on building strength, improving flexibility, and reducing stress through functional, guided exercises.
- **Water Works:** Low to medium impact class that improves flexibility while strengthening muscles.
- **Yoga:** helps regain and maintain strength while improving flexibility. Bring a mat.

### Closures

Memorial Day – May 26  
 Shockwave Invitational Meet – May 30 @2pm through June 1  
 Independence Day – July 4  
 MSI Long Course Championship – July 17 @ 2pm through July 20  
 Southern Zones – July 30 through August 2

**\*For Fun and Family fun time hours, please refer to the Splash Newsletter\***

SUN      MON      TUE      WED      THU      FRI      SAT

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Rec Swim	Water Mania Boga Fit	Water Works N2 Deep Chair Fitness Yoga Spin Boga Fit Express	Water Works AB Express Water Vets Spin	Water Mania Boga Fit Yoga Spin	Volley Ball AB Express Spin Splish-Splash	Spin Rec Swim
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\*Classes can be cancelled due to the discretion of the instructor\*

\*Fun and Family Rec Swim in May: Saturdays from 12-5pm, and  
Sundays from 1-5pm, excluding May 31.

\*Summer Hours for Fun and Family Rec Swim: Beginning June 5 on  
Tuesdays, Thursdays, Saturdays, and Sundays from 1-5pm. The final day  
for additional hours is July 13<sup>th</sup>.