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

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

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| --- |
| 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** |
| Tuesday |
| **Water Works (no class June 10, July 29) 7:30-8:15am EP Pool Beth** |
| **N2 Deep (no class July 29) 8:30-9:15am TBD 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** |
| Wednesday |
| **Water Works (no class June 11, July 30) 7:30-8:15am EP Pool Beth** |
| **AB Express (no class July 30) 8:45-9:15am Cadence Bank RM Diana** |
| **Aqua Vets (no class June 11, July 30) 9:30-10:30am EP Pool Beth** |
| **SPIN (no class July 30) 9:30-10:00am Cadence Bank RM Diana** |
| Thursday |
| **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 May 22, 29, July 31) 4:30-5:15pm Cadence Bank RM Diana** |
| Friday |
| **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 Only) 12:00-1:00pm EP Pool** |
| Saturday |
| **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.**
* **Aqua Vets: Low-impact, high-benefit aquatic fitness class for military veterans, focused on building strength, improving flexibility, and reducing stress through functional, guided exercises.**
* **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 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\***

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| --- | --- | --- | --- | --- | --- | --- |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| **Rec Swim** | **Water Mania** | **Water Works** | **Water Works** | **Water Mania** | **Volley Ball** | **Spin** |
|  | **Boga Fit** | **N2 Deep** | **AB Express** | **Boga Fit** | **AB Express** | **Rec Swim** |
|  |  | **Chair Fitness** | **Aqua Vets** | **Yoga** | **Spin** |  |
|  |  | **Yoga** | **Spin** | **Spin** |  |  |
|  |  | **Spin** |  |  |  |  |
|  |  | **Boga Fit** |  |  |  |  |
|  |  | **Express** |  |  |  |  |
| **Rec Swim** | **Water Mania** | **Water Works** | **Water Works** | **Water Mania** | **Volley Ball** | **Spin** |
|  | **Boga Fit** | **N2 Deep** | **AB Express** | **Boga Fit** | **AB Express** | **Rec Swim** |
|  |  | **Chair Fitness** | **Aqua Vets** | **Yoga** | **Spin** |  |
|  |  | **Yoga** | **Spin** | **Spin** |  |  |
|  |  | **Spin** |  |  |  |  |
|  |  | **Boga Fit** |  |  |  |  |
|  |  | **Express** |  |  |  |  |
| **Rec Swim** | **Water Mania** | **Water Works** | **Water Works** | **Water Mania** | **Volley Ball** | **Spin** |
|  | **Boga Fit** | **N2 Deep** | **AB Express** | **Boga Fit** | **AB Express** | **Rec Swim** |
|  |  | **Chair Fitness** | **Aqua Vets** | **Yoga** | **Spin** |  |
|  |  | **Yoga** | **Spin** | **Spin** |  |  |
|  |  | **Spin** |  |  |  |  |
|  |  | **Boga Fit** |  |  |  |  |
|  |  | **Express** |  |  |  |  |
| **Rec Swim** | **Water Mania** | **Water Works** | **Water Works** | **Water Mania** | **Volley Ball** | **Spin** |
|  | **Boga Fit** | **N2 Deep** | **AB Express** | **Boga Fit** | **AB Express** | **Rec Swim** |
|  |  | **Chair Fitness** | **Aqua Vets** | **Spin** | **Spin** |  |
|  |  | **Yoga** | **Spin** |  |  |  |
|  |  | **Spin** |  |  |  |  |
|  |  | **Boga Fit** |  |  |  |  |
|  |  | **Express** |  |  |  |  |

\*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 13th.