**Program Schedule for August 4 – November 2nd, 2025**

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

|  |
| --- |
| Monday Time Location Instructor |
| **Water Mania (no class Aug 14, 18, 21, Sept 1) 7:30-8:15am EP Pool Lisa** |
| **Boga Fit (no class Aug 14, 18, 21, Sept 1) 8:30-9:15am Comp Pool Lisa** |
| **AB Express (no class Aug 18, Sept 1, 8, Sept 15, 29) 8:35-9:05am Cadence Bank RM Diana** |
| **SPIN (no class Aug 18, Sept 1, 8, Sept 15, 29) 9:15-9:45am Cadence Bank RM Diana** |
| Tuesday |
| **Water Works 7:30-8:15am EP Pool Beth** |
| **N2 Deep (no class Aug 14, 18, 21) 8:30-10:00am Comp Pool Lisa** |
| **Chair Fitness (no class Aug 19, Sept 2, 9, 16, 30) 8:35-9:20am Cadence Bank RM Diana** |
| **Yoga (no class Aug 19, Sept 2, 9, 16, 30) 9:35-10:25am Cadence Bank RM Diana** |
| **SPIN (no class Sept 2) 4:30-5:15pm Cadence Bank RM Diana** |
| **Boga Fit Express (no class Sept 2) 5:30-6:00pm Comp Pool Diana** |
| Wednesday |
| **Water Works (no class Aug 13) 7:30-8:15am EP Pool Beth** |
| **AB Express (no class Aug 20, Sept 3, 10, 17, Oct 1) 8:35-9:05am Cadence Bank RM Diana** |
| **SPIN (no class Aug 20, Sept 3, 10, 17, Oct 1) 9:15-9:45am Cadence Bank RM Diana** |
| **Aqua Vets (no class Aug 13, 20, Sept 10, 17, Oct 1) 9:30-10:30am EP Pool Beth** |
| Thursday |
| **Water Mania (no class Aug 14, 18, 21) 7:30-8:15am EP Pool Lisa** |
| **Boga Fit (no class Aug 14, 18, 21) 8:30-9:15am Comp Pool Lisa** |
| **Yoga (no class Aug 21, Sept 11, 18, Oct 2) 9:35-10:25am Cadence Bank RM Diana** |
| **SPIN (no class Oct 16) 4:30-5:15pm Cadence Bank RM Diana** |
| **Aqua Dance (no class Oct 16) 5:30-6:00pm EP Pool Diana** |
| Friday |
| **Volley Ball ( Oct 17) 8:30-9:30am EP Pool** |
| **Splish-Splash (no class Oct. 17) 12:00-1:00pm EP Pool** |
| Saturday |
| **SPIN (no class Aug. 23, Oct 18) 8:10-9:10am 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.**
* **Aqua Dance****30 min high cardio, low impact, choreographed dance class.**
* **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

**Southern Zones – July 29 - Aug 3**

**Sept 1 in Observance of Labor Day**

**MHSAA Swimming Championships Closed at Noon on October 16-19th**

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