

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 Sept. 1)	7:30-8:15am	EP Pool	Lisa
Boga Fit (no class Sept. 1)	8:30-9:15am	Comp Pool	Lisa
AB Express (no class Sept. 1, 15, 29, Oct. 6)	8:35-9:05am	Cadence Bank RM	Diana
Spin (no class Sept. 1, 15, 29, Oct. 6)	9:15-9:45am	Cadence Bank RM	Diana
Tuesday			
Water Works	7:30-8:15am	EP Pool	Beth
N2 Deep	8:30-9:15am	Comp Pool	Lisa
Chair Fitness (no class Sept. 2, 16, 30, Oct. 7)	8:35-9:20am	Cadence Bank RM	Diana
Yoga (no class Sept. 2, 16, 30, Oct. 7)	9:35-10:25am	Cadence Bank RM	Diana
Spin (no class Sept. 2, 9, 16, 23)	4:30-5:15pm	Cadence Bank RM	Diana
Wednesday			
Water Works	7:30-8:15am	EP Pool	Beth
AB Express (no class Sept. 3, 17, Oct. 1)	8:35-9:05am	Cadence Bank RM	Diana
Spin (no class Sept. 3, 17, Oct. 1)	9:15-9:45am	Cadence Bank RM	Diana
Thursday			
Water Mania	7:30-8:15am	EP Pool	Lisa
Boga Fit	8:30-9:15am	Comp Pool	Lisa
Yoga (no class Sept. 18, Oct. 2, 9)	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 (no class Oct. 10, 17)	8:30-9:30am	EP Pool	
Splish-Splash (no class Oct. 17)	12:00-1:00pm	EP Pool	
Saturday			
Spin (no class Sept. 13, 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 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.
- [N2 Deep](#): No-impact, high-cardio class that focuses on coordination.
- [Spin](#): A choreographed rhythm ride, utilizing indoor spin bikes. 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

Sept 1 in Observance of Labor Day

MHSA Swimming Championships Closed at Noon on October 16-19th

For Fun and Family swim times, please refer to the Splash Newsletter