

Program Schedule for November 3, 2025 – February 1, 2026

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

Monday	Time	Location	Instructor
Water Mania (No class Nov. 24 and no class in January)	8:30-9:15am	EP Pool	Lisa
Chair Fitness (No class Dec. 8, and Jan. 5)	8:35-9:15am	Cadence Bank RM	Diana
Boga Fit (No class Nov. 24 and no class in January)	9:30-10:15am	Comp Pool	Lisa
Yoga (No class Dec. 8, and Jan. 5)	9:30-10:20am	Cadence Bank RM	Diana
Tuesday			
N2 Deep (No class Nov. 11, 25 and no class in January)	8:30-9:15am	Comp Pool	Lisa
AB Express (No class Nov. 11, Dec. 9, and Jan. 6)	9:35-10:05am	Cadence Bank RM	Diana
Spin (No class Nov. 11, Dec. 9, and Jan. 6)	10:15-10:45am	Cadence Bank RM	Diana
Spin (No class Nov. 11, Dec. 9, and Jan. 6)	5:00-5:45pm	Cadence Bank RM	Diana
Wednesday			
Chair Fitness (No class Nov. 26, Dec. 10, 24)	8:35-9:15am	Cadence Bank RM	Diana
Yoga (No class Nov. 26, Dec. 10, 24)	9:30-10:20am	Cadence Bank RM	Diana
Thursday			
Water Mania (No class Nov. 27, Dec. 25, and no class in January)	8:30-9:15am	EP Pool	Lisa
Boga Fit (No class Nov. 27, Dec. 25, and no class in January)	9:30-10:15am	Comp Pool	Lisa
AB Express (No class Nov. 27, Dec. 11, 25, and Jan. 1)	9:35-10:05am	Cadence Bank RM	Diana
Spin (No class Nov. 27, Dec. 11, 25, and Jan. 1)	10:15-10:45am	Cadence Bank RM	Diana
Friday			
Volley Ball (no class Nov. 28 and Dec. 26)	8:30-9:30am	EP Pool	
Splish-Splash (no class Nov. 28 and Dec. 26)	12:00-1:00pm	EP Pool	
Saturday			
Spin (No class Nov. 15, 29, Dec. 6, 27, and Jan. 3)	8:10-9:10am	Cadence Bank RM	Diana

Beth will have her Water Works Classes on Tuesday and Wednesdays at 7:30-8:15AM throughout
November, however she will not have any classes in December or January.

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.
- **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-impact aquatic exercise to build strength and endurance.
- **Yoga:** helps regain and maintain strength while improving flexibility. Bring a mat.

Closures

November 11 for Veteran's Day
November 27-30 for Thanksgiving
December 5-7 got Nightmare before Christmas Swim Meet
(Closes @ 2pm on December 5)
January 1 for New Year's Day

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