

Aqua Aerobics Spring 2026

April & May



Sun

9am
Cardio/Core
w/ Kat

No Class
Sun Apr 5
Easter Sunday

Mon

9am
Aqua Blast
w/ Stephanie

11am
Aqua Fit
w/ Abi

Tue

9am
Aqua Move
w/ Stephanie

11am
Aqua Blast
w/ Abi

Wed

9am
Aqua Fit
w/ Stephanie

1pm
Aqua Blast
w/ Abi

Thu

9am
Aqua Move
w/ Stephanie

11am
Aqua Blast
w/ Abi

Fri

11am
H2O Interval
w/ Abi

Sat

9am
All Out
Cardio Core
w/ Pattie

Any instructor changes will be noted on the app or during registration.