

Aqua Aerobics Summer 2026

June, July & August



Sun

**9am
Cardio/Core
w/ Kat**

Mon

**9am
Aqua Blast
w/ Stephanie**

**11am
Aqua Fit
w/ Abi**

Tue

**9am
Aqua Move
w/ Stephanie**

**11am
H2O Step
w/ Abi**

Wed

**9am
Aqua Fit
w/ Stephanie**

**1pm
H2O Step
w/ Abi**

Thu

**9am
Aqua Fit
w/ Stephanie**

**11am
H2O Step
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.

No Class | Sat July 4 & Mon Sept 7 | Club is Closed