



Aqua Aerobics Fall 2026

Sept, Oct, Nov, Dec



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 | Mon Sept 7 –Labor Day | Club is Closed
No Class | Thu Nov 26 –ThanksGiving Day | Club Hours 7a–2p
No Class | Fri Dec 25 –Christmas Day | Club is Closed