

# Aquatic Classes - November/December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available	6:00-9:00*am Open Pool 2 Laps Available	3 Lanes Available	6:00-9:00 am Open Pool 2 Laps Available	3 Lanes Available	Center Opens 8:00 am
7:00am	7:00-9:00*am Open Pool		7:00-9:00*am Open Pool		7-9:00*am Open Pool	Open Pool 2 Laps Available 8:00am-11:30 or 10:30 if Zumba*
8:00am	2 Laps Available		2 Laps Available		2 Laps Available	
9:00am	Cardio Strength 9:00-9:45 am	HIIT 9:00-9:30 am High Intensity Interval Training class (Cardio)	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	
10:00am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Zumba *10:30-11:30am November 8th No laps available
11:00am	11am-4:00pm Open Pool 2 Laps Available	11am-1:30pm Open Pool 2 Laps Available	11am-4:00pm Open Pool 2 Laps AvailableOpen	11am-1:30pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	Pool Closes 11:30am
12:00pm						
1:00pm		Joints In Motion 1:30-2:15pm		Joints In Motion 1:30-2:15pm		
2:00pm					Pool Closes at 2:00pm	
3:00pm				Water Volleyball 3:00-4:30 One Lap Available		Water Volleyball 3:00-4:30 One Lap Available
4:00pm	Suspended & Fit 4:15-5:00pm One Lap Available		Suspended & Fit 4:15-5:00pm One Lap Available			
5:00pm	Pool	Aqua Zumba 5:30-6:30pm No laps Available *Refer to Jana's schedule for variability	Cardio, Core & More 5:30-6:15 pm One Lap Available	Open Pool		
6:00pm	2 Laps Available			2 Laps Available		
	Pool Closes at 6:30		Pool Closes at 6:30			

Please refer to the schedule for class time changes.

The Aquatic Class Schedule may be subject to change.

Class format/length may be subject to change due to instructor availability and class size.

Please show up to class on time.



## Aquatic Class Descriptions

### Cardio Strength

Cardio Strength classes incorporate both cardio intervals and strength training exercises. You will use a variety of pool equipment such as: pool noodles, paddles, dumbbells, barbells, etc.

### HIIT

HIIT stands for High Intensity Interval Training. This 30 minute class is designed to get your heart rate up! This adds variety to our 9am aquatic class line-up. The more you put in, the more you'll get out!.

### Aqua Range of Motion

Aqua ROM is a low-intensity class designed for those who may have arthritis, joint replacements, or other orthopedic issues. In this class you will work all joints of the body through different range of motion while walking forwards and backwards as well as side to side

### Joints in Motion

Joints in motion is a mid-level intensity class. In this class you will work on both cardio and strength exercises as well as take the body through full ranges of motion.

### Suspended & Fit

In this class you will wear a float belt and be suspended in the deeper end of the pool. This allows you to exercise with zero impact and get a high intensity workout. This class may also be referred to as "Deep Water"

### Cardio, Core, & More

Work a little bit of everything in this class! (This class may be canceled if Donna is sick or on vacation.)

### Water Volleyball

Members are welcome to play water volleyball at these designated times.

### Aqua Zumba

Get your groove on! Aqua Zumba is a great and fun way to get your cardio in!  
Aqua Zumba is a Contractor Class - it is free to SCS members and \$6 for non-members

### Lap Swim

Please call or stop in the Wellness/Business office to sign up for lap lane times. You can reserve a lap for 30 minutes or an hour time frame.

## Announcements:

- Please show up to class on time
- Class format and length may be modified due to instructor availability or class size.
- Next Recovery Week will be Monday Nov 24 - Wednesday Nov 26.
- SCS will **close early Wednesday Nov 26 at 2:30pm**
- SCS will **be closed for Thursday Nov 27 and Friday Nov 28 for Thanksgiving.**

