

# Aquatic Classes - January 2026

|         | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---------|--|--|---|---|---|--|
| 6:00am  | 3 Lanes Available  |  | 3 Lanes Available   |   | 3 Lanes Available                             |  |
| 7:00am  | 7:00-9:00*am<br>Open Pool<br>2 Laps Available                  | 6:00-9:00*am<br>Open Pool<br>2 Laps Available  | 7:00-9:00*am<br>Open Pool<br>2 Laps Available                       | 6:00-9:00 am<br>Open Pool<br>2 Laps Available             | 7-9:00*am<br>Open Pool<br>2 Laps Available    | Center Opens<br>8:00 am  |
| 8:00am  | 2 Laps Available   |  |   |   |   |  |
| 9:00am  | <b>Cardio Strength</b><br>9:00-9:45 am                         | <b>HIIT</b><br>9:00-9:30 am<br>High Intensity Interval Training class (Cardio)                     | <b>Cardio Strength</b><br>9:00-9:45 am                              | <b>Cardio Strength</b><br>9:00-9:45 am                    | <b>Cardio Strength</b><br>9:00-9:45 am        | Open Pool<br>2 Laps Available<br>8:00am-11:30 or<br>10:30 if Zumba*  |
| 10:00am | <b>Aqua Range of Motion</b><br>10:00-10:45 am                  | <b>Aqua Range of Motion</b><br>10:00-10:45 am  | <b>Aqua Range of Motion</b><br>10:00-10:45 am                       | <b>Aqua Range of Motion</b><br>10:00-10:45 am             | <b>Aqua Range of Motion</b><br>10:00-10:45 am | <b>Aqua Zumba</b><br>*10:30-11:30am<br>January 24th<br>No laps available<br>*Refer to Jana's schedule for variability  |
| 11:00am |  | 11am-1:30pm<br>Open Pool<br>2 Laps Available   |   | 11am-1:30pm<br>Open Pool<br>2 Laps Available              |   |  |
| 12:00pm |  |  |   |   | 11am-2:00pm<br>Open Pool<br>2 Laps Available  |  |
| 1:00pm  | 11am-4:00pm<br>Open Pool<br>2 Laps Available                   | <b>Joints In Motion</b><br>1:30-2:15pm   | 11am-4:00pm<br>Open Pool<br>2 Laps Available                        | <b>Joints In Motion</b><br>1:30-2:15pm                    |   | Pool Closes<br>11:30am   |
| 2:00pm  |  |  |   |   |   | Pool Closes<br>at 2:00pm   |
| 3:00pm  |  | <b>Water Volleyball</b><br>3:00-4:30<br>One Lap Available  |   | <b>Water Volleyball</b><br>3:00-4:30<br>One Lap Available |   | <b>CLASS LEGEND</b>  |
| 4:00pm  | <b>Suspended &amp; Fit</b><br>4:15-5:00pm<br>One Lap Available |  | <b>Suspended &amp; Fit</b><br>4:15-5:00pm<br>One Lap Available      |   |   | <b>Level 3- Challenging/ High level of mobility</b><br><b>Level 2- Medium</b><br><b>Level 1- Basic movement patterns</b><br><b>Activity/Sport</b><br><b>Contractor Class -</b><br><b>Free to SCS members</b><br><b>\$6 for non-members</b> |
| 5:00pm  | Pool<br>2 Laps Available                                       | <b>Aqua Zumba</b><br>5:30-6:30pm<br>No laps Available<br>*Refer to Jana's schedule for variability | <b>Cardio, Core &amp; More</b><br>5:30-6:15 pm<br>One Lap Available | Open Pool<br>2 Laps Available                             |   |  |
| 6:00pm  |  | Pool Closes at 6:30  |   | Pool Closes at 6:30                                       |   | Ask our Exercise Specialists<br>what class level is best for you!  |

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:

- SCS will **close early Wednesday Dec 31st at 2:30pm.**
- SCS will **be closed on Thursday Jan 1st for New Years Day.**

