

Summer 2025 Aqua Aerobics/Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics <i>Original</i> 8:30-9:15am <i>Leasha</i>	Silver Sneakers® Silver Splash <i>Original</i> 8:30-9:30am <i>Leasha</i>	Aqua Aerobics <i>Original</i> 8:30-9:15am <i>Leasha</i>	Aqua Aerobics <i>Original</i> 8:30-9:15am <i>Leasha</i>	Silver Sneakers® Silver Splash <i>Original</i> 8:15-9:15am <i>Leasha</i>	Aqua Aerobics <i>Original</i> 8:00-8:45am <i>Lorna</i>	Deep Water Workout <i>Original</i> 7:45-8:45am <i>Patti</i>
Water Workout <i>Original</i> 10:05-10:50am <i>Anne</i>	Aqua Aerobics & Core <i>Competition</i> 9:30-10:30am <i>Marcia</i>	Aqua Zumba <i>Original</i> 9:15-10:00am <i>Pauline</i>	Aqua Intervals <i>Competition</i> 9:30-10:30am <i>Patti</i>	Aqua Intervals <i>Original</i> 9:15-10:15am <i>Leasha</i>		
Aqua Barre <i>Original</i> 6:00-7:00pm <i>Patti</i>	Aqua Aerobics <i>Original</i> 7:00-8:00pm <i>Chantal</i>	Aqua Aerobics <i>Competition</i> 9:30-10:30am <i>Leasha</i>	Arthritis Exercise <i>Original</i> 10:00-10:45am <i>Anne</i>	Yoqua <i>Original</i> 6:00-7:00pm <i>Leasha</i>		
Aqua Barre <i>Original</i> 7:00-8:00pm <i>Patti</i>		Water Workout <i>Original</i> 10:05-10:50am <i>Anne</i>	Aqua Intervals <i>Original</i> 7:00-8:00pm <i>Chantal</i>			
		Water Workout <i>Original</i> 1:45-2:30pm <i>Anne</i>				
		Aqua Intervals <i>Original</i> 7:00-8:00pm <i>Patti</i>				

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through [Daxko.com](https://www.Daxko.com).

Reservations can be made 22 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://www.Daxko.com>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

Members or guests 14 and under must complete an orientation through all fitness equipment by appointment with our Fitness Room Staff prior to using the Fitness room. For appointments please register online through Daxko. For more information please email Athletics@OurGym.org.



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Summer 2025 Aqua Aerobics/Exercise Descriptions

Aqua Aerobics

Cardio and sculpting moves using water resistance and/or styrofoam weights, noodles, and kick boards

Aqua Aerobics & Core

Aqua aerobics that concentrates on working the core muscles

Aqua Barre

Barre class in the water using the sides of the pool and/or pool noodles as a bar. May include resistance training using styrofoam weights, balls, body weight, etc.

Aqua Intervals

Alternating segments of cardio and muscle work using water resistance, styrofoam weights, noodles, and/or kick boards

Aqua Zumba

Dance type moves against the resistance of the water choreographed to music

Arthritis Exercise

Resistance moves against the water using small range of motion

Deep Water Workout

Done in the deep end of the pool using noodles, styrofoam weights, and/or kick boards

Silver Sneakers Silver Splash

Slower paced aqua aerobics, geared towards seniors

Tabata H2O

Alternating segments of high intensity aqua aerobics followed by rest

Water Workout

Muscle workout done at the side of the pool using water resistance and/or styrofoam weights

Yoqua

Yoga poses in the water concentrating on balance, flexibility, and breathing



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