

# Winter 2025-26 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> 9:25-10:10am <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>	Tabata H2O <i>Competition</i> 10:30-11:15am <i>Leasha</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>	Aqua Aerobics <i>Original</i> 7:00-8:00pm <i>Chantal</i>	Water Workout <i>Original</i> 10:05-10:50am <i>Anne</i>	Aqua Intervals <i>Original</i> 7:00-8:00pm <i>Amy</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://operations.daxko.com/Online/5309/ProgramsV2/Home.mvc). 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://operations.daxko.com/Online/5309/ProgramsV2/Home.mvc>

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](mailto:Athletics@OurGym.org).**



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# *Winter 2025-26 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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