

Fall 2026 Aqua Aerobics/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Silver Sneakers® Silver Splash <i>Original</i> 8:30-9:30am Leasha	Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Silver Sneakers® Silver Splash <i>Original</i> 8:15-9:15am Leasha	Aqua Aerobics <i>Original</i> 8:00-8:45am Lorna	Deep Water Workout <i>Original</i> 7:45-8:45am Patti
Water Workout <i>Original</i> 9:25-10:10am Anne	Aqua Aerobics & Core <i>Competition</i> 9:30-10:30am Marcia	Aqua Zumba <i>Original</i> 9:15-10:00am Pauline	Arthritis Exercise <i>Original</i> 10:00-10:45am Anne	Aqua Intervals <i>Original</i> 9:15-10:15am Leasha		
Aqua Barre <i>Original</i> 6:00-7:00pm Patti	Tabata H2O <i>Competition</i> 10:30-11:15am Leasha	Aqua Aerobics <i>Competition</i> 9:30-10:30am Leasha	Aqua Intervals <i>Competition</i> 9:30-10:30am Patti	Aqua Ascend <i>Original</i> 10:15-11:00am Patti		
Aqua Barre <i>Original</i> 7:00-8:00pm Patti	Aqua Aerobics <i>Original</i> 7:00-8:00pm Chantal	Water Workout <i>Original</i> 10:05-10:50am Anne	Aqua Intervals <i>Original</i> 7:00-8:00pm Patti	Aqua Fit <i>Original</i> 1:35-2:35pm Patti		
		Aqua Intervals <i>Original</i> 7:00-8:00pm Amy		Yoqua <i>Original</i> 6:00-7:00pm Leasha		

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through 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://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.

***NOTE: Instructors subject to change based on availability.**

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 Ascend

Building on each prior segment using noodles, Styrofoam weights, boards, and resistance bands to steadily climb higher in complexity and intensity

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 Fit

Full body workout for all fitness levels using resistance training, cardio bursts, and flexibility to stay tough on fat, but gentle on joints

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