



Group Exercise Schedule: Water

Effective: May 1, 2026
GURNEE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Walk & Tone 8:00-8:45am Tim Lap Pool			Water Wellness 8:30-9:30am Becky Warm Water Pool	Aqua Bootcamp and Boxing 8:00-9:00am Jackie / Kelly Lap Pool
H2O HIIT 9:00-10:00am Jackie Lap Pool	AQUAFIT 9:00-10:00am Kelly Lap Pool	Aqua Mash-Up 9:00-10:00am Tim / Kim Lap Pool	H.E.A.T. 9:00-10:00am Kelly Lap Pool	AQUAFIT 9:00-10:00am Jenna Lap Pool	Water Wellness 9:30-10:30am Becky Warm Water Pool	
AQUAMIX 10:05-10:50am Jackie Warm Water Pool	Aqua Yoga for Arthritis 10:05-10:50am Sharon Warm Water Pool	Ai-Chi 10:05-10:50am Mary Warm Water Pool	AQUAMIX** 10:05-10:50am Kelly Warm Water Pool	Aqua Ballet Stretch 10:05-10:50am Jenna Warm Water Pool		
					 PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOL	 NOTICE CAMERAS AND CELL PHONES ARE PROHIBITED IN THE LOCKER ROOMS
AQUAMIX 5:30-6:30pm Becky Warm Water Pool			Aqua Abs 5:15-6:00pm Becky Warm Water Pool	Cardio Roulette 5:00-5:45pm Instructor Rotation Lap Pool <i>*No Class May 22 Last Class May 29</i>		
	Water Wellness 6:00-6:45pm Becky Warm Water Pool	AQUAFIT** 6:00-7:00pm Steph Lap Pool	Fluid Moves 6:00-6:45pm Becky Warm Water Pool			<i>*New Time or Instructor Change</i>

Due to safety concerns, only class participants are allowed in the warm water pool during class times.

Class times, formats and instructors are subject to change at any time.

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Class Descriptions

Lap Pool

AQUAFIT: A total body strength, cardio and balance workout utilizing shallow and occasionally deep water. Easily adaptable for all fitness levels through high / low modifications and progressions. ****Wednesday evening AQUAFIT will utilize deep water on weeks 1, 3 and 5 and shallow water on weeks 2 and 4.**

Aqua Mash-Up: This music-driven water workout blends multiple fitness formats into one dynamic class. From cardio bursts to strength moves and interval training — every session is a fresh mix designed to keep your heart pumping and your body moving. Set to a mash-up of music genres, this class brings the fun, the challenge, and the splash. All fitness levels welcome!

Aqua Bootcamp / Aqua Boxing: Want to blast calories and get a stronger body? This high energy class will alternate weeks of aqua boxing and aqua bootcamp. Expect loads of variety to effectively challenge your body. Let's have fun burning calories, toning our body and keeping cool in our pools!

Cardio Roulette: Friday night cardio at its best! With a rotating line-up of instructors and a constantly changing mix of cardio formats – from HIIT to dance-inspired moves, circuits to intervals, this class keeps your body guessing and your motivation flowing.

H.E.A.T: High Energy Aquatic Training combines the benefits of aquatic resistance with a focus on cardio, strength, and endurance. Be prepared for water jogging, resistance band drills, or even high-energy circuits using pool weights or flotation devices. **For diverse and exciting exercises in each session, we will utilize shallow water on weeks 1, 3 and 5, and deep water on weeks 2 and 4.**

H2O HIIT: This class is a high-energy interval workout that blends cardio bursts with strength-focused movements in the water. This class uses resistance from the pool to challenge the whole body while keeping the impact low and the intensity high.

Walk & Tone: Water walking tones muscles, enhances stability and balance, and reduces strain on joints. Key movements will include side-stepping, forward and backward walking, cross stepping, high knees, stability drills and more! Whether for fitness, recovery, or simply a refreshing workout, water walking is a powerful way to stay active while embracing the soothing benefits of water.

Warm Water Therapy Pool

Ai-Chi: Water exercise and relaxation helps participants enjoy the water in a flowing yet powerful progression. Ai-Chi increases oxygen and caloric burn and is ideal for creating improved range of motion and mobility.

AQUAMIX: This class will focus on strengthening, stretching, balance and coordination, as well as improving function and mobility. Some resistance equipment may be used. ****The 2nd and 4th Thursday of each month will be myofascial release.**

Aqua Abs: Strengthen your core in the water! This class focuses on abdominal work using the pool wall for support and resistance, combined with standing and supine exercises. Improve balance, tone muscles, and build core strength in a refreshing, low-impact environment. Suitable for all fitness levels.

Aqua Arthritis: Ease stiffness and boost your mobility in this warm-water class designed especially for individuals with arthritis or joint concerns. You'll enjoy gentle stretching, and low-impact strengthening,—all aimed at relieving discomfort while improving flexibility, balance, and overall wellness.

Aqua Ballet Stretch: Aqua Ballet Stretch is a low-impact class designed to improve flexibility, balance, and posture while building core strength. Glide through graceful stretches and flowing motions, supported by the gentle resistance and buoyancy of the water. Perfect for all fitness levels, this class offers a unique way to tone muscles, relieve tension, and channel your inner ballerina—all in a calming aquatic environment.

Aqua Yoga: Aqua yoga combines traditional yoga postures with the buoyancy and resistance of water, making movements easier and reducing stress on joints. This type of yoga develops strength, balance, and increases flexibility, and has been shown to relieve pain, anxiety, and stress.

Aqua Yoga for Arthritis: Aqua Yoga for Arthritis is similar to Aqua Yoga, but tailored to accommodate the needs and limitations of those with arthritis, offering a more gentle and therapeutic approach. It's a soothing way to stay active and manage symptoms in a supportive aquatic environment.

Fluid Moves: Strengthen, stretch, and sculpt in this energizing water workout that blends aqua fitness with barre-inspired moves. Using the resistance of water, you'll build muscle tone, improve flexibility, and enhance balance—all with low-impact support. Ideal for all fitness levels.

Water Wellness: This is a great class for strengthening, toning, and stretching using full range of motion. This class is relaxing, helps to make you feel great, and follows the guidelines from the Arthritis Foundation.