



# AQUATIC FITNESS & MORE

Fall 2025 AT



Sept 2-Dec 19, 2025



## Aquatic fitness

## Lap Swim & Water Walking

### T U E S D A Y S

DEEP 8:15AM-9AM (KRISTI)  
WALK, RUN, SPRINT 9AM-9:45AM (KRISTI)

ADULT SWIM CLUB 7AM-8AM  
LAP & WATER WALKING 8AM-10AM  
WOMENS ONLY LAP SWIM 12-12:45

### T H U R S D A Y S

AQUAHIIT 8:15AM-9AM (KRISTI)  
DUO DEPTH 9AM-9:45AM (NICOLE)  
 SILVER AQUAFIT 9:45AM-10:30AM (NICOLE)

ADULT SWIM CLUB 7AM-8AM  
LAP SWIM & WATER WALKING 8AM-11AM  
FEMALE ONLY LAP SWIM 12:05PM-12:50PM  
LAP SWIM & WATER WALKING 1PM-2PM  
LAP SWIM & WATER WALKING 2PM-2:55PM

### F R I D A Y S

WALK, RUN, SPRINT 9AM-9:45AM (KRISTI)  
AQUAYOGA 9:45AM-10:30AM (MARISA)  
\$THERAPEUTIC AQUA CLINIC 11:15AM-12NOON

LAP SWIM & WATER WALKING 9AM-10AM  
FEMALE ONLY LAP SWIM 12:35-1:20PM

### S A T U R D A Y S

AQUAHIIT 10AM-10:45AM (NICOLE, LONDON, KRISTI)

LAP SWIM & WATER WALKING 10AM-1PM

\*Times and schedule are subject to change.

(\$) Therapeutic Aqua Clinic is a premium class.



## Therapeutic Aquatics



**AQUATIC THERAPY & BODYWORK:**

Various times on Tues, Thurs & Fri mornings

\*Check PARC Aquatic Fitness page on website for up to date schedule & to make reservations.

[www.specialtyaquaticprograms.com](http://www.specialtyaquaticprograms.com)

