



**Firstenberg  
Community Center**

## Water Exercise Schedule

**April 1–June 30, 2025**

Average Temperatures: Pool 85-86°F | Spa 99-101°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:05 – 8:55 a.m. <b>Tai Chi</b> Jeremy	8:05 – 8:55 a.m. <b>Upbeat Aqua</b> Jen	8:05 – 8:55 a.m. <b>Upbeat Aqua</b> Jen	8:05 – 8:55 a.m. <b>Upbeat Aqua</b> Jen	8:05 – 8:55 a.m. <b>Aqua Synergy</b> Jeannie
9 – 9:50 a.m. <b>Pool Party</b> Andrea		9 – 9:50 a.m. <b>Pool Party</b> Andrea	9:15 – 10:15 a.m. <b>Aqua Synergy</b> Jen	9 – 9:50 a.m. <b>Pool Party</b> Frank
4:05 – 5 p.m. <b>Zumba</b> Angela		4:05 – 5 p.m. <b>Zumba</b> Angela		10:05 – 11 a.m. <b>Waterworks</b> Frank



**Marshall Community  
Center**

## Water Exercise Schedule

**April 1–June 30, 2025**

Average Pool Temperature: 84-86°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:20 – 8:10 a.m. <b>Deep Water Challenge</b> Tish	7:20 – 8:10 a.m. <b>Deeply Fit</b> Tish	7:20 – 8:10 a.m. <b>Deep Double Down</b> Tish		7:20 – 8:10 a.m. <b>Aqua Fit</b> Deep Cathy
8:20 – 9:10 a.m. <b>Shallow/Strength &amp; Stretch</b> Tish <i>2 lap swim lanes only</i>	8:30 – 9:20 a.m. <b>Independent Exercise</b> Circuit Cards available <i>2 lap swim lanes only</i>	8:20 – 9:10 a.m. <b>Zumba</b> Shallow Angela <i>2 lap swim lanes only</i>		8:20 – 9:10 a.m. <b>Zumba</b> Shallow Angela <i>2 lap swim lanes only</i>
6:30 – 7:30 p.m. <b>Deep Water Challenge</b> Jen		6:30 – 7:30 p.m. <b>Deep Water Challenge</b> Jen		

## Swim Rules & Notes

- Participants must be 13 years of age or older to attend aquatic fitness classes.
- Equipment is provided for all classes.
- Children age 6 and under must be within arm's reach of an adult at all times (with or without a lifejacket).
- Swim diapers **and** plastic pants are required for all children 3 and under and non-toilet trained patrons. They are available to purchase at the front desk.
- Keep your valuables safe by using the lockers. Bring your own or buy one at the front desk. Firstenburg Community Center is not responsible for lost or stolen items.
- Self-directed workouts may be substituted for any water exercise class if an instructor is not available.
- Swim caps, goggles, ear plugs, ear covers, wave gloves and locks are available to purchase at the Firstenburg Center front desk.

## Class Descriptions

### FIRSTENBURG

#### **Aqua Synergy**

Designed for students who prefer moderate intensity cardio in mind. This class is structured to be easy to follow with distinct warm up, cardio, strength, balance, and flexibility segments. Moderate intensity that is easily modified to fit individual needs.

#### **Aqua Yoga**

An aqua movement session focused on releasing tension and stress. The class includes Asana (poses), pranayama (breath work) and mindful meditation (float).

#### **Leveling Up!**

Level up your fun with this aqua combo class! A variety of methods are used including intervals, strength training, kickboxing moves, and challenging wall work. Moderate to high intensity.

#### **Pool Party**

This class uses a mixture of moves including cardio, strength, flexibility and balance. If you are looking for a full body workout, this is the class for you!

#### **Power Plus PiYo**

Do you want to move water and get a great workout? Then come push and pull water and move in all directions to fun music while having a great time! Exercises are shown with options to help everyone have a safe and effective workout!

#### **Upbeat Aqua**

Level up your fun with this music driven, upbeat aqua class. A variety of methods are used including intervals, strength training, kickboxing moves, and challenging wall work. Moderate to high intensity.

#### **Water Works**

Do you want to move the water and get a great workout? Then come push and pull water and move in all directions to fun music while having a great time! Modifications will be given for a safe and effective work out. All levels.

#### **Zumba**

Ditch the workout, join the party! Unique and creative Latin movement. Great fun. All levels.

### MARSHALL

#### **Aqua Fit Deep**

Class includes warm-up, whole body conditioning, aerobics and cool down stretching in deep water.

#### **Aqua Fit Shallow**

Low impact aerobics class in shallow water using the resistance of the water to cushion the feet, knees, and back. Designed to improve strength, range of motion, and cardio endurance.

#### **Deep Double Down**

Focusing on strength and endurance. Using core work outs to tone muscles and improve endurance.

#### **Deeply Fit**

Take the plunge. Deep-water traveling and movements that challenge your body, your core muscles and your stamina. Leave feeling stronger, taller and more flexible!

#### **Deep Water Challenge**

Brain and body challenge. Full body workout while improving motor control, core, balance, strength and endurance. Walk out of the pool feeling taller and stronger.

#### **Great Expectations**

Moderate intensity allows you to adjust your fitness level. Class combines strength and aerobics activity that allow you to work at your own pace. Expect great results!

#### **Shallow/Strength and Stretch**

Class combines Pilates, Yoga and Tai Chi to strengthen, stretch and calm your nervous system. You will feel grounded, centered and inspired to move.

#### **Zumba**

Ditch the workout, join the party! Unique and creative Latin movement. Great fun. All levels.