



# CORNERSTONE AQUATICS CENTER

## Water Fitness Schedule Fall 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00 <b>Deep Water Fitness</b> Comp Pool Anne	9:00-9:45 <b>Cardio Strength/Surprise</b> Comp Pool Sandra High Impact	9:00-9:45 <b>Cardio Aquasize</b> Comp Pool Anne	9:00-9:45 <b>Deep Water Wildcard</b> Comp Pool Sandra Zero Impact	9:00-9:45 <b>Aquasize</b> Comp Pool Shallow Anne	8:15-9:00 <b>Cardio/ Strength Surprise</b> Rec Pool Sandra High Impact
10:15-11:00 <b>Aqua Aerobics</b> Rec Pool Anne	10:00-10:45 <b>Warm Water Wellness</b> Rec Pool Sandra Low Impact	10:00-10:45 <b>Aquasize:Range of Motion</b> Rec Pool Anne	10:00-10:45 <b>Cardio/Strength Surprise</b> Rec Pool Sandra High Impact	10:00-10:45 <b>Aquasize:Range of Motion</b> Rec Pool Anne	9:15-10:00 <b>Cardio/Strength Surprise</b> Comp Pool Sandra
			11:00-11:45 <b>Aqua Zumba</b> Bryan Rec Pool		

**Cardio/Strength Surprise**- In this class we will use a variety of fun exercise formats and equipment to condition our hearts and lungs, along with strength training to work specific muscle groups. Brin your bathing suit and sense of adventure!

**Warm Water Wellness**-This low impact class will use a variety of exercise methods based upon activities of daily living to increase strength, stamina, and range of movement wile solidifying our body/mind connection

**Deep Water Wildcard**- This deep water class utilizes buoyancy belts to provide a zero impact work out that is as fun and exciting as it is challenging and gentle

**Aquasize: Range of Motion**- Designed by the Arthritis foundation. It includes flexibility and range of motion exercises. The emphasis is on soft landings and movement. The cardio aspect of this class is very limited (mostly to keep from getting cold). Gentle warm up, exercise of several joints, and cool down

**Aqua Zumba** is a water-based dance fitness class that combines Zumba dance moves with the resistance of water. It is a fun and invigorating way to get a full-body workout.