

AQUATIC FITNESS SCHEDULE

Aquatic fitness classes are for ages 16+



Effective 6/7/2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5:15 - 6:15 a.m.		Masters Swim Pool 2		Masters Swim Pool 2	
5:15 - 6:45 a.m.					EXT. Masters Swim Pool 2
6:00 - 6:55 a.m.	Aqua Fit Pool 1		Aqua Fit Pool 1		Aqua Fit Pool 1
8:00 - 8:55 a.m.	Aqua Dance Pool 1		Aqua Fit Pool 1		Aqua Dance Pool 1
9:00 - 9:55 a.m.	Flex and Flow Waterpark Tri-Swim Pool 2	Aqua Warriors Waterpark Aqua Deep Pool 2	Flex and Flow Waterpark Tri-Swim Pool 2	Aqua Warriors Waterpark Aqua Deep Pool 2	Flex and Flow Waterpark
10:00 - 11:00 a.m.		Aqua Dance Waterpark		Aqua Dance Waterpark	
10:00 - 11:30 a.m.	Open Fit Waterpark		Open Fit Waterpark		Open Fit Waterpark
12:00 - 12:55 p.m.	Aqua Blast Pool 1	Aqua Fit Pool 1	Aqua Blast Pool 1	Aqua Fit Pool 1	

*CLASS FEATURE: OPEN FIT

Come get your workout on during Open Fit. 10:00 - 11:30 am on M/W/F in SDC. This is not a structured class (it has no instructor) but provides members with an opportunity to utilize the Winding River and Play Pool area for all their fitness needs. Lifeguard on duty and aquatic fitness equipment available upon request. Email kelli@pacific.clinic for more information.

SATURDAY

7:00 - 8:00 a.m.	Masters Swim Pool 2
9:00 - 9:55 a.m.	Aqua Workx Waterpark