

## Water Aerobics at Currents THROUGH APRIL 2026

Increase muscle strength, flexibility, and cardio fitness! All fitness levels welcome, no swimming skill required. Drop-in, regular admission fees. Ages 16+. Purchase a pass or punch card and save up to 30%!

	Mon	Tues	Wed	Thurs	Fri	Sat
6:15 – 7:00 am		<b>Deep</b> Beginning to Moderate		<b>Deep</b> Beginning to Moderate		
7 – 7:50 am	<b>Deep</b> Beginning to Moderate	<b>Shallow/Deep</b> Beginning to Moderate	<b>Deep</b> Beginning to Moderate	<b>Shallow/Deep</b> Beginning to Moderate	<b>Deep</b> Beginning to Moderate	
9 – 9:50 am	<b>Shallow</b> Beginning to Moderate	<b>Arthritis*</b> Beginning to Moderate	<b>Shallow</b> Beginning to Moderate	<b>Arthritis*</b> Beginning to Moderate	<b>Shallow</b> Beginning to Moderate	<b>Shallow</b> Beginning to Moderate
9:30 – 10 am	<b>Deep</b> Beginning to Moderate					
10 – 10:50 am	<b>Shallow</b> Moderate to Intense		<b>Shallow</b> Moderate to Intense		<b>Shallow</b> Moderate to Intense	
1 – 1:50 pm		<b>Shallow</b> Beginning to Moderate		<b>Shallow</b> Beginning to Moderate		
6 – 6:50 pm	<b>Shallow</b> Beginning to Moderate	<b>Shallow</b> Beginning to Moderate	<b>Shallow</b> Beginning to Moderate	<b>Shallow</b> Arthritis*		

### \*Arthritis Foundation Aquatics Program

This water exercise program is designed for adults with arthritis. Aquatic Exercise Association and Arthritis Foundation trained instructors will lead participants through motions intended to improve flexibility, joint range of motion, endurance, strength, and daily function and to decrease pain. Please see page 31 for more program information. (Registration is free with regular pool entry and still can be attended as a drop in class!)