

AquaFit

Classes held at RecPlex

New!

In 2026 your AquaFit Unlimited membership has automatically converted to an All In Membership

There is nothing you need to do and no additional cost!

It's the same amazing pass with even more benefits:

- AquaFit Classes & Lap Swim
- Group Fitness Classes (p. 40)
- Access to the Fitness Centers at CCC & RecPlex (p. 39)
- Access to courts and track

Low Intensity

Arthritis Loosen your limbs, relax and find comfort while exercising in the soothing waters. Use the resistance of the water to enhance your body's flexibility & overall wellbeing.

Aquabata Light A shallow water class using High Intensity Interval Training (HIIT), including the Tabata format. This class is a lower intensity class from our Aquabata offering, loosen your limbs and joints to increase cardiovascular fitness, strength & flexibility.

YoPi A refreshing mix of yoga and Pilates in the water! Improve balance, core strength, and flexibility with gentle, low-impact movements. Calm your mind while strengthening your body—perfect for all levels.

Medium Intensity

Aquabata This shallow water class takes advantage of the latest trend in fitness to deliver the next level of training to your aquatic exercise. High Intensity Interval Training (HIIT), including the specialized Tabata format, transitions into the water with high-powered results.

Aquabata Deep A deep water version of Aquabata which provides a zero impact workout.

Ease Increase cardiovascular fitness, strength & flexibility. The water provides high-resistance, yet low impact environment that challenges you while toning your body and strengthening your heart.

Jog This no-impact aerobics workout is a blend of cardio and resistance training, incorporating water weights and noodles.

Power Pilates A low-impact, full-body workout combining Pilates principles with water resistance. Improve core strength, balance, and flexibility while staying cool in the pool!

High Intensity

Power This popular mild-impact routine includes aerobics, strengthening & toning exercises. Focused on bringing up your heart rate with cardio and strength exercises often using pool resistance equipment.

Spring Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 AM Jog Instructor Kearin	9:00-10:00 AM Power Instructor Dena	9:00-9:45 AM Ease Instructor Dena	9:00-10:00 AM Power Instructor Dena	9:00-10:00 AM Jog Instructor Loree/Kearin
10:15-11:15 AM Arthritis Instructor Loree	10:15-11:00 AM Aquabata Instructor Dena	9:00-10:00 AM Jog Instructor Kearin	10:15-11:00 AM Aquabata Deep Instructor Dena	10:15-11:00 AM Power Pilates Instructor Loree
	<i>Evening Option</i> 6:45-7:30 PM Instructors Choice Instructor Dena	10:00-10:45 AM Aquabata Light Instructor Dena	10:15-11:00 AM YoPi Instructor Loree	

All In Membership

Recurring Membership **R \$60 NR \$70**

Single Month Fee **R \$70 NR \$80**

Single Class Fee R \$12 NR \$15

