



# Aquatics Classes

Effective January 6, 2025

Group Exercise Aquatics Classes  Specialty (Paid) Programs  Pool Closed  Swim Lessons

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 - 8:45 am <b>Deep Water<sup>†</sup></b> Lap Pool Lanes 4 & 5 Wendy	9 - 9:45 am <b>H2O Challenge<sup>†</sup></b> Lap Pool Karen	9:30 - 10:15 am <b>Aqua Barre<sup>†</sup></b> Warm Water Pool Christy	9 - 9:45 am <b>Aqua Fit<sup>†</sup></b> Lap Pool Alana	9 - 9:45 am <b>H2O Challenge<sup>†</sup></b> Lap Pool Lanes 1 - 4 Karen	9 - 9:45 am <b>Aqua Stretch<sup>†</sup></b> Warm Water Pool Katie/Alana	9 am - 1 pm <b>Private Lessons<sup>**</sup></b> Lap Pool Lanes 1 & 2
9 - 9:45 am <b>Aqua Zumba<sup>†</sup></b> Lap Pool Del	10 - 10:45 am <b>Warm Water Arthritis* Level 1</b> Warm Water Pool	1:30 - 2:30 pm Pool closed for cleaning	10 - 10:45 am <b>Warm Water Arthritis* Level 1</b> Warm Water Pool		10 - 10:45 am <b>Aqua Fit<sup>†</sup></b> Lap Pool Katie	1 - 4 pm <b>Learn To Swim<sup>**</sup></b> Warm Water Pool & Lap Pool Lanes 1-3
10 - 10:45 am <b>Warm Water Arthritis* Level 2</b> Warm Water Pool	6 - 6:45 pm <b>Aqua Zumba<sup>†</sup></b> Lap Pool Del	4:45 - 6:45 pm <b>Private Lessons<sup>**</sup></b> Warm Water Pool & Lap Lanes 1 & 2	11 - 11:45 am <b>Warm Water Arthritis* Level 2</b> Warm Water Pool			4 - 4:30 pm <b>Learn To Swim<sup>**</sup></b> Warm Water Pool
5:45 - 6:30 pm <b>Warm Water Arthritis* Level 1</b> Warm Water Pool		6:30 - 7:15 pm <b>Aqua Pilates<sup>†</sup></b> Warm Water Pool Katie	6 - 6:45 pm <b>Swim For Fitness*</b> Lap Pool Lanes 1 & 2			

## <sup>†</sup>Group Exercise Aquatics Class Descriptions

### Aqua Barre

Aqua Barre focuses on postural strength, alignment, flexibility, and balance. Participants will utilize the barre for ballet and pilates inspired exercises in the warm water therapy pool.

### Aqua Fit

Enjoy an active, high-intensity cardio workout in the water that is designed to strengthen and condition the entire body, and build endurance without impact and stress.

### Aqua Pilates

Pilates performed in our warm water therapy pool. In this 45-minute class you will improve your core strength, stability, postural alignment and flexibility achieving an optimal range of motion while minimizing stress on your joints.

### Aqua Stretch

Practice stretches, breath awareness, strength, flexibility, form and flow in the warm water pool.

### Aqua Zumba®

Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous for.

### Deep Water Workout

Invigorating workout in the deeper lane of the pool. Perfect for anyone that wants to work hard, is comfortable in deeper water, or for athletes wanting to cross train safely.

### H2O Challenge

Active, high intensity, cardio, aqua workout designed to strengthen and condition the entire body without impact on stress. Instructor teaches in the lap pool with participants.

- When the lap pool is being used for a class, there is at least one lap lane open for lap swim.
- When the warm water pool is being used for a class, only participants of the class are allowed in the pool.
- Lanes in the lap pool may be reserved in advance using our Online Reservation System on our app or at [bgfitness.org](http://bgfitness.org).
- This schedule is subject to change during holidays.

<sup>†</sup> For information about group exercise aquatics classes, contact Jenay Gordon at 847.353.7577 or [jgordon@bgparks.org](mailto:jgordon@bgparks.org).

\* Specialty (paid) programs are subject to cancellation due to low enrollment. For more information about Warm Water Arthritis, Swim For Fitness, and Master Swim classes, contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

\*\* For information about Private Lessons and Learn To Swim lessons, contact Phoebe Guercio at 847.850.2109 or [phoebe@bgparks.org](mailto:phoebe@bgparks.org).

