



SPRING 2026 AQUA FITNESS CALENDER

April 6th – June 18th

No scheduled classes on Monday, May 25th

TIME	CLASS NAME	CODE	INSTRUCTOR	MEETS
Mon/Wed Start: 4/6 Ends: 6/17				
7:30a-8:25a	Advanced Water Aerobics	40C.28EZ	KARA	X21
Mon/Wed/Fri Start: 4/6 Ends: 6/17				
8:30a-9:25a	Aerobic Water Exercise	3AD.XNJA	KARA (M)/ LISA (W/F)	X31
9:40a-10:35a	Deep Water Exercise	B8B.59UB	MARY(M/F) PAM (W)	X31
10:40a-11:35a	Arthritis Water Exercise	9E8.FFXY	MARY(M/F) PAM (W)	X31
Tues/Thurs Start: 4/7 End: 6/18				
12:15p-1:10p	NEW!! Aqua Fiesta (Membership Drop-In on Tuesdays Only)	XJN.8TXU	BELLE	X22
1:15p-2:10p	NEW!! Water Walking	7B5.9382	BELLE	X22
Tuesday Only Start: 4/7 End: 6/16				
9a-9:55a	Deep Water Exercise	B8B.L17W	PAM	X11
10a-10:55a	Advanced Water Aerobics	40C.4ZN3	PAM	X11
11a-11:55a	Aqua Get Fit	2A9.HXD7	CAROL	X11
Thursday Only Start: 4/9 End: 6/18				
10a-10:55a	NEW!! Deep Water Exercise	B8B.GQNA	MICHELLE	X11
11:15a-12:10P	NEW!! ABC's of Deep Water	4A8.TUUV	MICHELLE	X11
Friday Only Start: 1/9 End: 3/27				
12p-12:55p	Aqua Get Fit	2A9.FM4D	CAROL	X10



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-335