

AQUATICS SCHEDULE

AQUA AEROBICS CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----|-------------------------------|------------------------------|--|------------------------------------|---------------------------------|
| AM | Aqua Strength (9:30-10:30) | Aqua Core (10:30-11:30) | Aqua Blast (9:30-10:30) | Fountain of Youth (10:30-12:00) | Happiness Hour (10:30-11:30) |
| PM | Cardio Crush (5:30-6:30) | Aqua Bootcamp (5:30-6:30) | Intergenerational Volleyball (5:30-6:30) | Aqua Bootcamp (5:30-6:30) | Aqua Dance (5:30-6:30) |

OPEN/LAP SWIM SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--|---|--|---|---|
| MORNING | Lap swim (6:30-9:30) | Lap swim (6:30-8:00) | Lap swim (6:30-9:30) | Lap swim (6:30-9:00) | Lap swim (6:30-8:00) |
| | Limited Lap swim (9:30-10:30) | Limited Lap swim (8:00-11:30) | Limited Lap swim (9:30-10:30) | Limited Lap swim (9:00-12:00) | Limited Lap swim (8:00-1:00) |
| EVENING | Open/Limited Lap Swim (10:30-4:00) | Open/ Limited Lap Swim (11:30-4:00) | Open/Limited Lap Swim (10:30-4:00) | Open/Limited Lap Swim (12:00-2:00) (3:00-4:00) | Open/Limited Lap Swim (1:00-4:00) |
| | Limited Lap Swim (5:30-8:00) | Limited Lap Swim (5:30-8:00) | Limited Lap Swim (5:30-8:00) | Limited Lap Swim (5:30-8:00) | Limited Lap Swim (5:30-8:00) |

CONFIGURATION KEY

Lap swim = 6 Lap Lanes

Limited Lap swim = 2-4 Lap Lanes

Open swim = Lanes 1 & 2 Combined

SATURDAY

Lap swim
(7:30-9:00)

Open/ Limited Lap
swim
(9:00-12:30)
(12:30-4:30)

SUNDAY

Lap swim
(7:30-9:00)

Open/ Limited Lap
Swim
(9:00-11:30)
(12:30-2:30)
(4:00-4:30)

Schedules are subject to change. Please call the front desk or join our aquatics email list for updates.

Cardio Crush

Mondays- 5:30-6:30pm

This high-energy, cardio water workout will burn off the calories and get your heart pumping, while strengthening muscles and improving balance. The water provides the perfect protected impact that supports and builds bone mass and strength. Taught at a high-intensity level that will challenge your endurance, it can also be modified and adapted to fit most levels of ability.

Aqua Core

Tuesdays- 10:30-11:30am

This high-frequency class focuses on building strength, balance, and stability using the natural resistance of the water. Expect dynamic moves, upbeat music, and plenty of energy and fun as you tone abs, back, and hips all while reducing impact on your joints. Ideal for all fitness levels, this class will leave you strong, centered, and refreshed.

Aqua Strength

Mondays- 9:30-10:30am

This low-impact class is designed to increase strength, heart-health, and endurance through water-based exercise in a fun and social setting. This class is for all levels of fitness.

Aqua Blast

Wednesdays- 9:30-10:30am

A dynamic mix of interval training, cardio, strength, and balance. Join us for a fun midweek pick-me-up!

Schedules are subject to change. Please call the front desk for weekday or weekend pool availability.



Aqua Bootcamp

Tuesdays & Thursdays- 5:30-6:30pm

Combine cardio endurance, weights and resistance strength training for an energetic full body workout while enjoying the benefits of the water with gentle but effective impact on joints and bones. This fun, high energy workout can be modified for most levels of ability. This class uses both shallow and deep ends of the pool.

Aqua Dance

Fridays- 5:30-6:30pm

Shake your groove thing and shimmy your cares away at Aqua Dance! This class uses contemporary dance music, aerobics, resistance training, and modern dance style movements to elicit a gleeful, dynamic aquatic workout. No experience necessary, but a willingness to get a little silly and laugh at ourselves is required!

Intergenerational Volleyball

Wednesdays- 5:30-6:30pm

Get your (aqua) game on! Change up and charge up your water routine with aqua volleyball!! Get in on an hour of fun, fast watersport that burns calories, promotes healthy movement and brings a blast to your Wednesday water workout.

Fountain of Youth

Thursdays- 10:30-11:30am

Keep your youthful flexibility, muscle tone and strength; maybe even improve upon it! There is no better place to do that than in the water. This class welcomes all ability levels; work in the deep water is not required.

Happiness Hour

Fridays- 9:30-10:30am

Researchers have discovered that music and certain movements can jumpstart positive emotions and improve your mood. This class uses both, to maximize happiness! Ready to dive into joy? Kick off the weekend with Happiness Hour at Berkshire South!



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER