

DAILY AQUATICS CLASSES

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) Water Warriors (10:35–11:35)	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)	Aqua Volleyball (5:30–6:30)	Aqua Thrills* (2:00–3:00) Aqua Bootcamp (5:30–6:30)	Aqua Dance (5:30–6:30)

OPEN SWIM & LAP SWIM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Lap Swim (6:30–9:30) Limited Lap Swim (9:30–5:30) Open Swim (10:30–4:00)	Lap swim (6:30–8:00) Limited Lap Swim (8:00–5:30) Open Swim (11:30–4:00)	Lap swim (6:30–9:30) Limited Lap Swim (9:30–5:30) Open Swim (11:35–5:30)	Lap swim (6:30–9:00) Limited Lap Swim (9:00–5:30) Open Swim (12:00–2:00)	Lap swim (6:30–8:00) Limited Lap Swim (8:00–5:30)
EVENING	Open Swim (6:30–8:00) Limited Lap Swim (5:30–8:00)	Open Swim (6:30–8:00) Limited Lap Swim (5:30–8:00)	Open Swim (6:30–8:00) Limited Lap Swim (5:30–8:00)	Open Swim (3:00–4:00 & 6:30–8:00) Limited Lap Swim (5:30–8:00)	Open Swim (1:00–5:30 & 6:30–8:00) Limited Lap Swim (5:30–8:00)

CONFIGURATION KEY

Lap swim = 6 Lap Lanes
Limited Lap swim = 2-4 Lap Lanes

Open swim = 2 Lanes Combined in the Main Pool for Family & Recreational swim time

SATURDAY

Lap Swim (7:30–9:00)
Open Swim (9:00–11:30)
Limited Lap Swim (11:30–4:30) Open Swim (12:30–4:00)

SUNDAY

Lap Swim (7:30–9:00)
Open Swim (9:00–11:30)
Limited Lap Swim (11:30–4:30) Open Swim (12:30–4:00)

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

AQUA STRENGTH

Mondays 9:30 am

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.

CARDIO CRUSH

Mondays 5:30–6:30 pm

This high-energy, cardio workout will 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 10:30–11:30 am

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 BOOTCAMP

Tuesdays & Thursdays 5:30–6:30 pm

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 BLAST

Wednesdays 9:30–10:30 am

A dynamic mix of interval training, cardio, strength, and balance. Join us for a fun midweek pick-me-up! Revitalize your aqua workout with full-body cardio and strength training ~ and have fun doing it! Set to a dynamic playlist, you'll perform a variety of powerful moves and resistance exercises with aqua dumbbells and noodles. Suitable for all fitness levels

INTERGENERATIONAL VOLLEYBALL

Wednesdays 5:30–6:30 pm

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.

WATER WARRIORS: STRUCTURAL STRENGTH

Wednesdays 10:35–11:35 am

This all-level, diverse Pilates to Kickboxing workout will be a lighthearted but focused drop into feeling and working your body's kinetic chain. With fearless and fun water warrior spirit and practices, we will work with the pool wall, weights, noodles and varied water levels to apply structural strength practices for pelvic floor, hip, leg, and shoulder stabilization and strength. Ultimately, water warriors will experience a stronger, steadier, and softer sense of the whole self: body, heart-mind, and spirit!

FOUNTAIN OF YOUTH

Thursdays 10:30 am–12:00 pm

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 until 11:30am.

AQUA THRILLS* (adaptive program)

Thursdays 2:00–3:00 pm

For adults with special needs along with their caregivers, family, and friends. We move and play in the water using various floatation aids and toys. Hidden inside our silliness and fun is a well-rounded exercise program. The ability to swim is not required. Class is held in the shallow end of the pool.

***This class resumes on September 17, 2026.**

HAPPINESS HOUR

Fridays 10:30–11:30 am

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!

AQUA DANCE

Fridays 5:30–6:30 pm

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!

FAIRVIEW RENTAL: Our partners at Fairview Hospital use the pool from 8:00–10:00 am on Tues & Thurs. No Therapy Pool or Open Swim available during this time.