

Aqua-Aerobics

Our aqua aerobics classes offer a low impact alternative to our popular floor aerobics classes. Held in our heated, indoor pool, friendly instructors teach and lead all levels and abilities. Aqua-Aerobics classes are included in your membership; simply attend the class that suits your needs.



Classes: Monday-Friday 8:00 - 9:00 am
 Monday-Friday 12:00 - 1:00 pm
 Monday-Thursday 5:30 - 6:30 pm
 Saturdays 10:00-11:00 am

Check out our California Arthritic Aquatic Program: Monday-Friday 1:30 - 2:30 pm

See the Indoor Pool Schedule for a full listing of programs and classes.