



DECEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	2 7:00 - 7:45 Aqua Yoga 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Inst. Choice 6:15-7:00p Endurance	3 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	4 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	5 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	6 9:15-10 Patron's Choice 10-10:45 Aerobics
7	8 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	9 7:00 - 7:45 Aqua Yoga 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	10 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	11 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	12 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	13 9:15-10 Patron's Choice 10-10:45 Endurance
14	15 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	16 7:00 - 7:45 Aqua Yoga 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Inst. Choice 6:15-7:00p Endurance	17 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	18 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	19 IN TRAINING POOL 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	20 IN TRAINING POOL 9:15-10 Patron's Choice 10-10:45 Aerobics
21 Holiday Hours: beginning 12/22 Weekdays 7a-7p Weekends 7a-5p	22 IN TRAINING POOL 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	23 IN TRAINING POOL 7:00 - 7:45 Aqua Yoga 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	24 IN TRAINING POOL 7:45-8:45 Senior H2O 8:45-9:45 Aerobics Hours: 7-3p	25 	26 IN TRAINING POOL 7:30-9:30 Self-Led Aerobics (music and equipment available) Hours: 7-12p	27 IN TRAINING POOL 9:15-10 Patron's Choice 10-10:45 Endurance
28	29 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	30 7:00 - 7:45 Aqua Yoga 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Inst. Choice 6:15-7:00p Endurance	31 7:45-8:45 Senior H2O 8:45-9:45 Aerobics Hours: 7-3p			The Recreation Pool will be closed for maintenance 12/19 - 12/28; ALL CLASSES WILL BE IN TRAINING POOL!



SENIOR H2O

An enjoyable, safe exercise program designed to increase feeling of well-being and improve performance of daily activities.

AQUA YOGA

Aqua Yoga adapts postures and principles of yoga, including breath control and mindfulness, within an aquatic setting!

WATER AEROBICS

A total body workout that focuses on the 5 components of fitness: cardio, neuromotor training, muscular strength, endurance, and flexibility.

What you put into these workouts is what you get out of them!

AQUA DANCE

Designed to fire up the core muscles and strengthen your posterior chain muscles. Participants will learn a gentle way back to the dance styles they love and enjoy!

DEEP WATER

Designed to tone your muscles and improve your cardio. Participants of this class must be comfortable and able to propel themselves in the 7ft section of our pool. This class utilizes floatation belts but each person must be able to do these skills without one.

ENDURANCE

Designed to build muscles and cardiovascular endurance! This class is based on interval training and high intensity movement.



ALL classes are located in the Recreation pool, except Deep Water classes!

ALL CLASSES WILL BE IN TRAINING POOL from 12/19 through 12/28 as the recreation pool will be closed for maintenance.

PRICING AND POLICIES

- Daily drop-ins \$15
 - Classes are included in monthly memberships.
- Equipment is available to those who want to use it.
- Showers are required before entering the pool.
- Lap lanes stay in the pool for class and are configured based on our Lap Lane Schedule.
 - The movement of lap lanes after class are not guaranteed during our peak program times.
- Please sanitize equipment after using and put away after class.



**QUESTIONS? CONTACT OUR FRONT DESK AT:
(336) 315-8498**

OR VISIT OUR WEBSITE:

WWW.GREENSBOROAAQUATICCENTER.COM