




July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	2 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 6-7p Instr. Choice	3 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	4  happy fourth of July
5	6 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	7 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Aerobics 6:15-7:00p Endurance	8 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	9 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aerobics NO DEEP H2O	10 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga NO DEEP H2O	11 9:15-10 Patron's Choice 10-10:45 Aerobics
12	13 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	14 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Inst. Choice 6:15-7:00p Aerobics	15 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	16 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 8:30-9:30 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aerobics	17 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	18 9:15-10 Patron's Choice 10-10:45 Endurance
19	20 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	21 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 5:30-6:15p Inst. Choice 6:15-7:00p Endurance	22 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	23 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aerobics NO DEEP H2O	24 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	25 9:15-10 SL Patron's Choice 10-10:45 SL Aerobics
26	27 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	28 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 6-7p Inst. Choice	29 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	30 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aerobics NO DEEP H2O	31 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga NO DEEP H2O	



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!

Aqua Dance is not a fixed class on the schedule but can be taught during Instructor or Patron choice classes.

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.

**NEW OFFERING:
Fridays 12-1PM**

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!

SL indicates self-led. Class space and music will be set up but no instructor will be present.

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.greensboroaquaticcenter.com

****Check the website for alternative fitness options!!**