November 2026

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:30p **Aerobics**	3 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30-6:30p **Instr Choice**	4 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30-6:30p **Aerobics**	5 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:15p **Endurance** 6:15-7:00p **Aerobics**	6 7:45-8:45 **Senior H2O** 8:45-9:30 **Aqua Yoga** 12-1p **Deep H2O**	7 9:15-10 **Patron's Choice** 10-10:45 **Aerobics**
8	9 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:30p **CANCELED**	10 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30p-6:30p **CANCELED**	11 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30-6:30p **CANCELED**	12 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:15p **CANCELED** 6:15-7:00p **CANCELED**	13 7:45-8:45 **Senior H2O** 8:45-9:30 **Cardio** 12-1p **Deep H2O** 5:30-6:30p **Aerobics***	14 9:15-10 **Patron's Choice** 10-10:45 **Endurance**
15	16 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:30p **CANCELED**	17 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30p-6:30p **CANCELED**	18 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30-6:30p **Aerobics**	19 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:15p **Endurance** 6:15-7:00p **Aerobics**	20 7:45-8:45 **Senior H2O** 8:45-9:30 **Aqua Yoga** 12-1p **Deep H2O**	21 9:15-10 **Patron's Choice** 10-10:45 **Aerobics**
22	23 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:30p **Aerobics**	24 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30-6:30p **Instr Choice**	25 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 5:30-6:30p **Aerobics**	26 Happy Thanksgiving	27	28 **FITNESS FRENZY EVENT** 9:15-10 10-10:45 **each time represents a different offering** 10:45-11:30 11:30-12:15 12:15-1:00
29	30 7:45-8:45 **Senior H2O** 8:45-9:45 **Aerobics** 9-10 **Deep H2O** 5:30-6:30p **Aerobics**					

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) 375-8498
Or visit our website:
www.greensboroaquaticcenter.com

**Check the website for alternative fitness options!!