



(effective May 2025)

Cumming Aquatic Center Group Exercise Schedule



Daily
Class Pass:
\$ 8

Class Membership Package:

	10 Classes	25 Classes
Senior (60+)	\$60	\$125
Adult (14—59)	\$70	\$150

No Classes will be held on the following days:
5/26, 7/4, 9/1, 11/27, 11/28, 12/25, 12/26 12/31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15—9:45am (Outdoor Pool) 5/5—9/3/25	Water Walking—offered Monday through Friday (self-led)				
9:00—9:55 am (Instructional Pool)	Aqua Cardio (Carol)	Aqua Interval Training (Sheree)	Aqua Cardio (Carol)	Aqua Zumba (Aline)	Aqua Interval Training (Sheree)
10:00—10:55 am (Instructional Pool)	Arthritis	Water Volleyball Adult (18+)	Arthritis	Water Volleyball Adult (18+)	Arthritis
Classic Times Vary (Exercise Room)	SilverSneakers Classic (Sheree) 11:00-11:55am	SilverSneakers Classic (Sheree) 10:00-10:55am	SilverSneakers Classic (Patti) 9:00-9:55am	SilverSneakers Classic (Sheree) 11:00-11:55am	SilverSneakers Classic (Sheree) 10:00-10:55am
Splash 11:00—11:55 am	SilverSneakers Splash	SilverSneakers Splash (Sheree)	SilverSneakers Splash	SilverSneakers Splash	SilverSneakers Splash



Silver Sneakers Signature Classes & Silver & Fit Classes

Included as part of SilverSneakers / Silver&Fit Membership.
Other guests are welcome to take any class for the regular class rate.