



CUMMING AQUATIC CENTER GROUP EXERCISE SUMMER SCHEDULE (EFFECTIVE MAY 4, 2026)



NO CLASSES ON: MAY 25 · JULY 3 · SEPT 7 · NOV 26-27 · DEC 24-25 · JAN 1

DROP-IN: \$8 PER CLASS

**CLASS PASS
PACKAGES**

- Senior (60+): 10 for \$60 | 25 for \$125
- Adult (14–59): 10 for \$70 | 25 for \$150

Instructional Pool: *Class Variety*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00–9:55 am	Aqua Cardio (Carol)	Aqua Interval (Sheree)	Aqua Cardio (Carol)	 Aqua Zumba (Aline)	Aqua Interval (Sheree)
10:00–10:55 am	 Arthritis (Val)	Volleyball Adult (18+)	 Arthritis (Melissa)	Volleyball Adult (18+)	 Arthritis (Val)
11:00–11:55 am	 Splash (Melissa)	 Splash (Melissa)	 Splash (Melissa)	 Splash (Melissa)	 Splash (Melissa)

Exercise Room: *SilverSneakers Classic (land)*

Day	Time	Instructor
Monday	11:00–11:55 am	(Sheree)
Tuesday	10:00–10:55 am	(Sheree)
Wednesday	—	—
Thursday	11:00–11:55 am	(Sheree)
Friday	10:00–10:55 am	(Sheree)

SILVERSNEAKERS & SILVER&FIT:

Classes included if eligible,
Other guests welcome at regular class rate.



Water Walking



Competition Pool/Outdoor Leisure Pool (OLP)

Mon–Fri 8:15–9:45 am	Competition Pool Sept 4, 2025 – May 3, 2026	OLP May 4 – Sept 9, 2026 *Canceled 5/26 & 6/4	Competition Pool Sept 10– May 2027
-------------------------	---	---	--

CUMMING AQUATIC CENTER

GROUP EXERCISE CLASS DESCRIPTIONS

- **Aqua Cardio:** Enhance physical fitness through this high intensity cardio class.
Exercises improve cardio strength, muscle toning & provide a great aerobic workout.

- **Aqua Interval Training:** Involves repeated bouts of high intensity effort followed by varied recovery times.



Included as part of SilverSneakers membership.

Other guests welcome to take for the regular class rate:

- **SilverSneakers Splash:** A variety of fun shallow water moves to improve agility, flexibility & cardio endurance. No swimming ability required.
- **SilverSneakers Classic:** A variety of fun & music-motivating **land exercises** designed to increase muscular strength, range of movement, and activity for daily living skills.



Included as part of Silver&Fit membership.

Other guests may take for the regular class rate:

- **Silver&Fit Aqua Zumba:** Fun and challenging workout that combines the South American Zumba rhythm and dance steps with a pool party!
- **Silver&Fit Arthritis:** Gentle exercises to improve range of movement & flexibility.
Instructor certified with Arthritis Foundation.