CUMMING AQUATIC CENTER GROUP EXERCISE FALL/WINTER SCHEDULE (UPDATED NOV 2026)



NO CLASSES ON: NOV 26-27 · DEC 24-25, DEC 31 · JAN 1, JAN 17

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
9–9:55 am	Aqua Cardio (Carol)	Aqua Interval (Sheree)	Aqua Cardio (Carol)	Aqua Power (Melissa)	Aqua Interval (Sheree)
10–10:55 am	Silver&Fit Arthritis (Val)	Volleyball Adult (18+)	Silver&Fit Arthritis (Melissa)	Volleyball Adult (18+)	Silver&Fit Arthritis (Val)
11–11:55 am	SilverSneakers Splash (Melissa)	SilverSneakers Splash (Melissa)	SilverSneakers Splash (Melissa)	SilverSneakers Splash (Carol)	SilverSneakers Splash (Melissa)

Exercise Room: *SilverSneakers Classic (land)*

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

SILVERSNEAKERS & SILVER&FIT:
Classes included if eligible,
Other guests welcome at regular class rate.



Water Walking



Mon–Fri 8:15-9:45 am (Self Led)

Comp. Pool	OLP	Comp. Pool
Sept 4, 2025 – May 3, 2026	May 4 – Sept 9, 2026	Sept 10,2026 – May 2027

CUMMING AQUATIC CENTER

GROUP EXERCISE CLASS DESCRIPTIONS

- **Aqua Cardio**: Enhance physical fitness through this high-intensity cardio class. The exercises focus on improving cardio strength, toning muscles, and delivering a great aerobic workout.
- **Aqua Interval Training**: Experience a balanced aquatic workout featuring alternating intervals of movement and recovery, keeping your workout engaging and adaptable.
- **Aqua Power**: Harness the natural resistance and physics of the water for a powerful, strength-focused workout designed to build muscular endurance, strength, and tone.

SilverSneakers®

Included as part of **SilverSneaker**s membership.
Other participants can join at 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.

Silver&Fit®

Included as part of **Silver&Fit** membership, this class is led by an instructor certified by the Arthritis Foundation. Other participants can join at the regular class rate.

- Silver&Fit **Arthritis**: Gentle exercises to improve range of movement & flexibility.