



SAWMILL CLUB

Water Exercise Schedule Effective 1/9/26

Private swim lessons are designed to meet the swimmers individual needs and goals. Whether for one lesson, to touch up on a skill or a series of lessons to master a new skill, private lessons can be conveniently scheduled to match your availability. From children to adults, our instructors are happy to work with all skills and ability levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30–10:30AM Aqua Strength <i>Sara</i>	9:30–10:30AM Aqua Intervals <i>Cyndee</i>	9:30–10:30AM Aqua Strength <i>Sara</i>			
2:00–3:00PM Aqua Intervals <i>Genoeffa</i>	2:00–3:00PM Water Exercise <i>Cyndee</i>	2:00–3:00PM Aqua Zumba <i>Bernadette</i>	2:00–3:00PM Aqua for Arthritis <i>Amy</i>	2:00–3:00PM Aqua Strength <i>Genoeffa</i>		2:00–3:00PM Aqua Strength <i>Amy</i>
					4:00–5:00PM Water Exercise <i>Genoeffa</i>	
	6:30–7:30PM Aqua Strength <i>Cyndee</i>		7:00–8:00PM Aqua Strength <i>Cyndee</i>			

Aqua Zumba:

Take your Zumba Fitness to the water in this exciting Latin and World dance inspired workout. Using the resistance of the water your muscles will work harder with all your favorite rhythms using fun choreography and music!

Aqua Intervals :

Using segments of 3.5 and 1.5 minutes, this class incorporates chest deep and shallow water for a full body, aerobic workout. Moving through the various depths of water strengthens the core while working muscle groups frontally, laterally and posteriorly. The final 15 minutes of class incorporates focused weight training for both arms and legs. A great way to start your weekend!