

HOCKESSIN ATHLETIC CLUB Aqua Fitness Schedule



Shaded boxes denote a paid class. These must be booked in advance with the Fitness Department.

= Paid Aqua SGPT

MONDAY		
6:00 am	Deep Water Class	Outdoor Pool
9:00 am	AquaTude	Indoor Pool
10:00 am	Aqua Zumba®	Indoor Pool
10:00 am	Deep Water Conditioning	Outdoor Pool
11:00 am	WaterInMotion®	Indoor Pool
11:00 am	Warm Water Power	Indoor Pool
12:00 pm	Warm Water Walking & Strengthening	Therapy Pool*
6:00 pm	Youth ACT	Catch Pool**

THURSDAY		
6:00 am	Deep Water Class	Outdoor Pool
9:00 am	Warm Water Walking & Strengthening	Therapy Pool*
9:15 am	ACT Cardio	Indoor Pool
10:00 am	WaterInMotion® PLATINUM	Indoor Pool
10:00 am	Flex & Stretch	Therapy Pool*
11:00 am	Warm Water Walking & Strengthening	Therapy Pool*
6:00 pm	ACT Strength	Catch Pool**

TUESDAY		
6:00 am	Deep Water Class	Outdoor Pool
9:00 am	No Impact Boot Camp	Outdoor Pool
9:00 am	Warm Water Walking & Strengthening	Therapy Pool*
10:00 am	WaterInMotion® PLATINUM	Indoor Pool
10:00 am	Flex & Stretch	Therapy Pool*
11:00 am	Warm Water Walking & Strengthening	Therapy Pool*
12:00 pm	Warm Water Walking & Strengthening	Therapy Pool*

FRIDAY		
6:00 am	WaterInMotion® Strength	Outdoor Pool
9:00 am	AquaTude	Indoor Pool
10:00 am	WaterInMotion®	Indoor Pool
11:00 am	Aqua Zumba®	Indoor Pool
11:00 am	Warm Water Arthritis (WaWA)	Therapy Pool*
12:00 pm	Warm Water Arthritis (WaWA)	Therapy Pool*

WEDNESDAY		
5:45 am	ACT Strength	Catch Pool**
6:00 am	Deep Water Class	Outdoor Pool
9:00 am	AquaTude	Indoor Pool
10:00 am	Aqua Zumba®	Indoor Pool
10:00 am	Deep Water Conditioning	Outdoor Pool
11:00 am	WaterInMotion®	Indoor Pool
11:00 am	Warm Water Power	Indoor Pool
12:00 pm	Warm Water Walking & Strengthening	Therapy Pool*
1:00 pm	Warm Water Walking & Strengthening	Therapy Pool*

SATURDAY		
8:15 am	Deep Water Saturday	Indoor Pool
8:15 am	Youth ACT	Catch Pool**

*Limit 6 attendees in Therapy Pool. For accurate lap lane availability, please reference the lap lane schedule.

**Catch pool is the area at the bottom of the water slide in the leisure pool.

Classes sizes will be limited in accordance with social distancing guidelines.

Please book your spot in a class in advance using the HAC Mobile App.

Schedule subject to change, please use HAC Mobile app for most updated schedule

