

Outdoor Aqua Fitness and Yoga Classes



Preregistration for outdoor aqua fitness is required through June 15 and for outdoor yoga all summer. Please continue to check back for additional updates and adjustments. Daily admission rates apply. **For a full schedule of Aqua Fitness classes, visit ColumbiaAssociation.org/groupfitness.** For more information, contact Group.Fitness@ColumbiaAssociation.org. *Schedule subject to change.*

MONDAY

8:30am	June 7-Aug 23	Stevens Forest Pavilion	Yoga
10:15am	June 21-Aug 23	Stevens Forest Pool	Aqua Fitness
10:30am	June 21-Aug 23	Hobbit's Glen Pool	Aqua Fitness
8:00am	Aug 2-Aug 16	Swanfield Pool Diving Well	Deep Water Fitness

TUESDAY

8:30am	June 1-Aug 22	Stevens Forest Pavilion	Yoga
10:15am	June 22-Aug 24	Stevens Forest Pool	Aqua Fitness
10:30am	June 22-Aug 24	Hobbit's Glen Pool	Aqua Fitness
8:00am	Aug 3-Aug 17	Swanfield Pool Diving Well	Self Guided Deep Water Fitness

WEDNESDAY

8:30am	June 2-Aug 25	Stevens Forest Pavilion	Yoga
10:15am	June 16-Aug 25	Stevens Forest Pool	Aqua Fitness
10:30am	June 16-Aug 25	Hobbit's Glen Pool	Aqua Fitness
8:00am	Aug 4-Aug 18	Swanfield Pool Diving Well	Self Guided Deep Water Fitness

THURSDAY

8:30am	June 3-Aug 26	Stevens Forest Pavilion	Yoga
10:15am	June 17-Aug 26	Stevens Forest Pool	Aqua Fitness
10:30am	June 17-Aug 26	Hobbit's Glen Pool	Aqua Fitness
8:00am	Aug 5-Aug 19	Swanfield Pool Diving Well	Self Guided Deep Water Fitness

FRIDAY

8:30am	June 4-Aug 27	Stevens Forest Pavilion	Yoga
10:15am	June 18-Aug 27	Stevens Forest Pool	Aqua Fitness
10:30am	June 18-Aug 27	Hobbit's Glen Pool	Aqua Fitness
8:00am	Aug 6-Aug 20	Swanfield Pool Diving Well	Deep Water Fitness

SUNDAY

9:30am	June 6-Aug 1	Stevens Forest Pool	Aqua Fitness
10:00am	Aug 8-Aug 29	Stevens Forest Pool	Aqua Fitness

SPECIAL

Memorial Day Class

May 31 • 10:00-11:00am
Stevens Forest Pool

Labor Day Class

Sept 6 • 10:30-11:30am
Stevens Forest Pool

Aqua Fitness

Aerobics, flexibility and muscle conditioning in shallow water. For all fitness levels.

Deep Water Fitness

Cardio, muscular endurance, and flexibility in the deep water. All fitness levels welcome.

Self Guided Deep Water Fitness

Workout in the deep water on your own, no instructor or music provided.

Yoga

Focusing on static poses to increase flexibility, strength and endurance. Bring your own mat and water bottle. Normal registration procedures apply. For all levels.