



Water Aerobics Schedule

Barbara L. Levine Indoor Pool

Updated 08-7-2026

MON	WED	FRI
9:45-10:30am Water Power Sopheap	9:45-10:30am Water Power Norma	9:45-10:30am Water Power Sopheap
10:45-11:30am Aqua Fitness Sopheap	10:45-11:30am Aqua Fitness Norma	10:45-11:30am Aqua Fitness Kimberly
11:45am-12:30pm Deep Water Fitness Sopheap	11:45am-12:30pm Deep Water Fitness Kimberly	11:45am-12:30pm Deep Water Fitness Kimberly
6:30-7:30pm Deep Water Fitness Diana B.	6:30-7:15pm Deep Water Fitness	



Questions about Water Aerobics?

704-944-6797
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Class Descriptions:

Deep Water Fitness - Cardiovascular and resistance conditioning without impact.

Aqua Fitness - *Beginner to Intermediate*. Light to moderate cardiovascular, strengthen and flexibility conditioning using the total body. No swimming ability required.

Water Power - Advanced, high energy class with toning and cardiovascular workout, including hydro plyometrics.

Schedule subject to change.