ADULTS 18+

Water Aerobics Schedule

Barbara L. Levine Indoor Pool

Updated 11-2-2026

MON	WED	THU	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** 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
6:30-7:15pm **Deep Water Fitness** Rotating Instructors			



Questions about Water Aerobics?

704-944-6797
diana.barnes@charlottejcc.org

Schedule subject to change.

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.