



Water Aerobics Schedule

Barbara L. Levine Indoor Pool

Updated 03-17-2026

MON	TUE	WED	THU	FRI
9:45-10:30am Water Power Sopheap	9:45-10:30am Deep Water Fitness Janet	9:45-10:30am Water Power Norma		9:45-10:30am Water Power Bridget
10:45-11:30am Aqua Fitness Sopheap	10:45-11:30am Aqua Fitness Janet	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 Water Exercise- Stretch for the Whole Body Janet	11:45am-12:30pm Deep Water Fitness Kimberly	11:45am-12:30pm Water Exercise- Stretch for the Whole Body Norma	11:45am-12:30pm Deep Water Fitness Kimberly
6:45-7:30pm Deep Water Fitness Diana B.		6:30-7:15pm Deep Water Fitness Anne		



Questions about Water Aerobics?

704-944-6797
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Schedule subject to change.

Class Descriptions:

Water Exercise - Stretch for the Whole Body - All levels welcome. Gentle activities with the guidance from a certified instructor.

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.

Water Exercise-Stretch for the Whole Body - An aquatic format that incorporates a mind-body component. This class includes "arthritis-friendly" moves but is suitable for all levels. It includes dynamic range of motion moves, stretching, balance, muscle conditioning and relaxation.