Katz JCC Fitness

Spring 2026 Aqua Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Sculpt 8:00am-8:50am **Gerry** 3 Lanes	**Aqua Mixx** 8:00am-8:50am **Gerry** 4 Lanes	**Aqua Strength** 8:00am-8:50am **Alx** 3 Lanes	**Aqua Mixx** 8:00am-8:50am **Gerry** 3 Lanes	**Aqua Sculpt** 8:00am-8:50am **Gerry** 7 Lanes		
Aqua Core & Flow 9:00am-9:45am **Alx** 3 Lanes	**Aqua Mixx** 9:00am-9:45am **Alx** 3 Lanes	**Aqua Strength** 9:00am-9:50am **Alx** 3 Lanes	**Aqua Mixx** 9:00am-9:50am **Anouk** 3 Lanes	**Aqua Stretch & Flow** 9:00am-9:45am **Alx** 3 Lanes	**Aqua Bootcamp** 9:00am-9:50am **Gerry** 3 Lanes	**Aqua Zumba** 9:00am-9:50am **Chris** 3 Lanes
Aqua Jam 10:00am-11:00am **Kathleen** 6 Lanes	**"Be Fit" Aqua** 10:00am-10:50am **Anouk** 3 Lanes	**Aqua Jam** 10:00am-11:00am **Kathleen** 6 Lanes	**"Be Fit" Aqua** 10:00am-10:50am **Sherry** 3 Lanes	**Aqua Jam** 10:00am-11:00am **Kathleen** 6 Lanes		
Aqua Jam 11:00am-12:00pm **Kathleen** 3 Lanes						

katzjcc.org/calendar

Register for all hybrid, virtual, and in-person classes through the Katz JCC app or website. Registration opens 6 days prior to class. Class descriptions, schedules, and substitutions are listed in the app. Classes and instructors are subject to change. For the most up-to-date information, please check the Katz JCC app or website.

updated 12/25