Endeavor Health
Fitness & Wellness Center

Aqua Group Exercise Schedule

September 8 - January 5, 2027

MON	TUE	WED	THR	FRI	SAT	SUN
5:30- 6:30AM * Waves Coach	8:30 - 9:25AM Aquatonic Kim	5:30- 6:30AM Waves * Coach	8:30 - 9:25AM Hydro Fitness Maria	5:30- 6:30AM Waves * Coach	7:00 - 8:15AM Waves * Coach	8:00 - 9:00AM * Waves Coach
6:30- 7:30AM * Waves Coach	9:30 - 10:25AM Arthritis * Tammy	6:30- 7:30AM Waves * Coach	9:30 - 10:25AM Arthritis * Tammy	6:30- 7:30AM Waves * Coach	8:15 - 9:15AM Waves * Coach	9:15 - 10:10AM Aquatonic Kim / Mary
8:30 - 9:25AM Dynamic Deep Kim	10:00 - 10:55AM Waves * Coach	8:00 - 8:55 * Stroke Clinic Alice	10:00 - 11:00AM Waves * Coach	8:30 - 9:25AM Deep Blue Sally	9:15 - 10:10AM Aqua Bootcamp Mary / Tammy	12:00- 12:45PM * Ripples Georgia / Cindy
9:30 - 10:25AM Arthritis * Varies	10:30 - 11:30AM Fibromyalgia / Arthritis * Tammy	8:30 - 9:25AM Deep Blue Fran	10:30 - 11:25AM Fibromyalgia / Arthritis * Tammy	9:30 - 10:25AM Arthritis * Sally	10:15 - 10:45AM Stretch & Tone Mary / Tammy	12:45- 1:45PM * Stroke Clinic Georgia / Cindy
10:00 - 11:00AM Waves * Coach	11:30 - 12:00PM Ai Chi Mary	9:30 - 10:25AM Arthritis * Kim	11:30 - 12:00PM Ai Chi Mary	9:30- 10:30AM Waves * Coach		3:00 - 4:00PM * Waves Coach
10:30 - 11:25AM Parkinson's / Arthritis * Connie	12:00 - 12:55PM Arthritis * Jeri	10:00- 11:00AM Waves * Coach	12:00 - 12:55PM Arthritis * Jeri	10:30 - 11:25AM Parkinson's / Arthritis * Mary		
11:30 - 12:25PM Aqua Moves Tammy	1:00 - 1:55PM Deep HIIT (No Lap Pool) Maria	10:30 - 11:25AM Parkinson's / Arthritis * Sally	1:00 - 1:55PM Aqua Fusion Maria	10:30- 11:30AM Waves * Coach		
12:30 - 1:00PM Stretch & Tone / Yoqua Tammy	3:30 - 4:25PM H2O Healthy & Fit * Dorothy	11:30 - 12:25PM Aqua Moves Maria	3:30 - 4:25PM H2O Healthy & Fit * Mary	11:30 - 12:25PM Aqua Moves / Aqua Zumba Dorothy		
5:30 - 6:25PM Warm Water Sampler * Sandy	5:00- 6:00PM Waves * Coach	12:00 - 12:55 * Ripples Alice	5:00- 6:00PM Waves * Coach	12:30 - 1:00PM Stretch & Tone Dorothy		
5:30 - 6:25PM Aqua Bootcamp Fran	5:00 - 5:55PM Warm Water Sampler / Arthritis * Mary	12:30 - 1:00PM Stretch & Tone / Yoqua Maria	5:00 - 5:55PM Warm Water Sampler / Arthritis * Mary	4:30 - 5:25PM Hydro Fitness Sandy		
6:30 - 7:25PM H2O Healthy & Fit * Sandy	6:00 - 6:55PM Aqua Functional Fit * Diane	5:30 - 6:25PM Warm Water Sampler * Kim	6:00 - 6:55PM Aqua Functional Fit * Nichelle	5:30 - 6:25PM Warm Water Sampler * Sandy		
	7:00 - 8:00PM * Waves Coach	5:30 - 6:25PM Aqua HIIT Diane	7:00 - 8:00PM Waves * Coach			
	7:00 - 7:55PM Low Back * Diane	6:30 - 7:25PM H2O Healthy & Fit * Diane	7:00 - 7:55PM Low Back * Kim			

Class Location Key

- Therapy Pool
- Children's Pool
- Lap Pool
- Lap / Therapy
- Deep Well / Lap
- * *Denotes Fee Based Class*

Jen Alberto
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Additional Information

- Members can use the therapy pool when no classes are in session. Please note that pool access may be limited to certain areas when a class is in progress at the **direction of the instructor**. Check the front desk or pool area for the current open swim schedule.
- We guarantee two lap lanes are available for swim **EXCEPT** during WAVES practice. During practice, there will be no available lap lanes for swimmers.
- **Please be courteous of others around you during class and minimize conversations to allow everyone to hear the instructor.**
- Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellations may or may not occur with notice.

Member's Free Class List (Lap Pool)

Aqua Bootcamp
High-intensity workout combining cardio and strength training.

Aqua HIIT
High-Intensity Interval Training to boost your metabolic threshold.

Aquatonic
Energizing class combining cardio, stretching, and toning, suitable for all fitness levels.

Dynamic Deep
Get a complete full body work out, reach your aerobic limits and take all impact off your joints with this powerful deep well format.

Fluid Dynamics
High-power, full-body water workout combining deep-water resistance with high-intensity lap workouts.

Aqua Fusion
A dynamic workout that blends cardiovascular exercise with strength training for a challenging and effective full-body experience

Aqua Moves
A dynamic workout combining cardio and toning exercises to effectively challenge and strengthen your entire body

Aqua Zumba
A water-based dance workout using high-energy movements and low-impact cardio to improve endurance, coordination, and overall muscle tone.

Deep Blue
Experience a challenging water workout that delivers a high-intensity burn while remaining gentle on your joints

Deep HIIT
Discover your true potential with challenging interval training in the deep end of the pool

Hydro Fitness
Comprehensive fitness class improving cardio, core, strength, balance, and anaerobic capacity!

Member's Free Class List (Therapy Pool)

Ai Chi
Achieve balance, flexibility, and stress relief through a combination of flowing movements and deep breathing.

Stretch & Tone
Stretch and tone with a variety of exercises increasing flexibility, strength, and balance!

Aqua Moves
A dynamic workout combining cardio and toning exercises to effectively challenge and strengthen your entire body

Aqua Zumba
A water-based dance workout using high-energy movements and low-impact cardio to improve endurance, coordination, and overall muscle tone.

Yoqua
Asana work with proper breathing techniques and a meditation focus.

Specialty Class List (Therapy Pool)

Special classes require pre-registration at least 3 days before the start of the session. These classes are not included in the aquatic member schedule and are subject to min/max enrollment numbers. If these requirements are not met, the classes may be canceled.

Fees

2-Day Classes
Member: $46 | **Non-Member:** $112

3-Day Classes
Member: $69 | **Non-Member:** $168

Aqua Functional Fitness
Active cardio class for individuals with health concerns, combining arthritis-friendly exercises with a more vigorous aerobic pace

Fibromyalgia / Arthritis
Instructors lead endurance, flexibility, cardiovascular, and relaxation exercise in our 90 degree therapy pool.

Low Back / Arthritis
Discover strategies to prevent back pain, including dynamic trunk stabilization, strengthening techniques, and relaxation methods.

Arthritis
Increase flexibility, range of motion, and muscle strength in a gentle water exercise class guided by a professional instructor

H2O Healthy & Fit
A challenging workout led by instructors to improve endurance, flexibility, and cardiovascular exercise in the therapy pool.

Parkinson's / Arthritis
Aqua exercise focused on mobility for early to mid stages of Parkinson's with the added benefits of arthritis based workouts.

Warm Water Sampler
A therapy pool class showcasing various exercises, equipment, and class formats.

Adult Swim Programs

Special classes require pre-registration at least 3 days before the start of the session. These classes are not included in the aquatic member schedule and are subject to min/max enrollment numbers. If these requirements are not met, the classes may be canceled.

Ripples
Formal swim instruction classes that are individualized to the learner!

Stroke Clinic
Improve your swimming technique with intermediate-level drills designed to replace inefficient movements with efficient ones

WAVES Master's Swim Team
Coached and organized swim workouts for competition and fitness.
For more information, visit napervillewaves.com

Aqua Personal Training

Achieve your aquatic goals with personalized one-on-one coaching. Whether you're recovering from injury, seeking to improve your fitness, learning to swim, or aiming to refine your elite swimming technique, our experienced instructors will guide you every step of the way.

Contact Jen Alberto for more details! jennifer.alberto@endeavorhealth.org