THE BECOMING CENTER

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6:30 – 8:00 **Pool Closed (PT)** 8:00 – 9:00 ***H2O Aerobics*** 9:00–9:55 Barbara ***H2O Aerobics*** 10-10:55 Barbara ***H2O Aerobics*** 11–11:55 Maria **Open Swim** 12:00 – 1:00 ***H2O Aerobics*** 1:00–1:55 Genie **Open Swim** 2:00 – 6:00	**Open Swim** 6:30 – 8:40 ***H2O Aerobics*** 8:45-9:30 Maria ***H2O Ai Chi*** 9:35–10:20 Maria ***Arthritis Basics*** 10:30–11:25 Cindy **Open Swim** 11:30 – 1:30 **Pool Closed (PT)** 1:30 – 2:30 **Open Swim** 2:30 – 6:30 ***H2O Aerobics*** 6:45-7:45 Linda	**Open Swim** 6:30 – 8:00 **Pool Closed (PT)** 8:00 – 9:00 ***H2O Aerobics*** 9:00–9:55 Linda ***H2O Aerobics*** 10–10:55 Linda ***H2O Aerobics*** 11–11:55 Maria **Open Swim** 12:00 – 1:00 ***H2O Aerobics*** 1:00–1:55 Genie **Open Swim** 2:00 – 6:00	**Open Swim** 6:30 – 8:40 ***H2O Aerobics*** 8:45-9:30 Genie ***H2O Ai Chi*** 9:35–10:20 Genie ***Arthritis Basics*** 10:30–11:25 Linda **Open Swim** 11:30 – 1:30 **Pool Closed (PT)** 1:30 – 2:30 **Open Swim** 2:30 – 6:30 ***H2O Aerobics*** 6:45-7:45 Linda	**Open Swim** 6:30 – 8:00 **Pool Closed (PT)** 8:00 – 9:00 ***H2O Aerobics*** 9:00–9:55 Cindy ***H2O Aerobics*** 10:00–10:55 Cindy **Open Swim** 11:00 – 1:00 ***H2O Aerobics*** 1:00–1:55 Barbara **Open Swim** 2:00 – 6:00	**Open Swim** 8:00 – 9:00 ***H2O Aerobics*** 9–9:55 Genie/Maria **Open Swim** 10:00 – 1:30 **SUNDAY** **Open Swim** 8:00 – 1:30

LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength Circuit 8:45 | Don ***TaijiFit*** 9:45 | Cindy	***80s Aerobics*** 8:30 | Lisa ***Stretch Lab*** 9:30 | Arnold	***Strength Circuit*** 8:45 | Don ***Movement is Med*** 9:45 | Joe	***80s Aerobics*** 8:30 | Lisa ***Stretch Lab*** 9:30 | Arnold	***Strength Circuit*** 8:45 | Don ***Movement is Med*** 9:45 | Joe

HOURS OF OPERATION:

Monday, Wednesday, Friday: 6:30 am – 6:30 pm *(***Please note that the pool closes 30 minutes prior to closing time)*

Tuesday & Thursday: 6:30 am – 8:00 pm

Saturday & Sunday: 8:00 am – 2:00 pm *(***Please note that the pool closes 30 minutes prior to closing time)*

Updated 11/9/2026

POOL CLASSES

Arthritis Basics: Beginner Level class with no *White Water*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

H2O Aerobics: A moderate to high intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

H2O Ai Chi: Ai Chi uses gentle slow movements in progression and mental focus on flowing movement of the body and balance. Body posture, movements of Life energy, balance and meditation. It is a combination of Gigong, Tai Chi and balance for healthful living.

LAND CLASSES

Strength Circuit: Components of strength and conditioning are used in a fun group setting to strengthen your upper body, lower body, core, increase flexibility, and improve cardiovascular health.

TaijiFit: combines the best elements of fitness, meditation, and the ancient art of Taiji (Tai Chi). This workout connects the Mind and Body in what is called FLOW. It is Movement Meditation. It helps improve balance, mobility, endurance, flexibility, breathing and coordination in a gentle way.

Movement is Medicine: is a thoughtfully designed class that builds strength, improves cardiovascular health, and enhances balance and mobility to support everyday life. Each session blends functional movement and corrective exercise, with weekly programming adjusted to meet the needs, goals, and feedback of participants—so everyone can move better, feel stronger, and stay confident.

80s Aerobics: Remember when exercise was fun? It can be again. Experience this moderate level traditional, '80s style aerobics class. The easy-to-follow routine is choreographed to a fabulous eclectic mix of music. This one-of-a-kind class is fun and energizing in a supportive and inclusive environment. The philosophy of this class is to encourage exercisers to work at their own pace and within their own challenges.

Stretch Lab: Stretch Lab is a welcoming 30-minute class focused on improving flexibility, mobility, and overall movement. Each session will feature simple, effective stretches and movements that can be modified to best suit the needs and abilities of those participating.