

HOUSTON PARKS AND RECREATION DEPARTMENT

2025 Summer Adult Water Fitness Classes

Cool off this summer with **FREE** water fitness classes! Water fitness is a great exercise for any age, any fitness level and any body type. No fee is charged!

POOL:	LOCATION:	DAY:	CLASSES:
Emancipation	3018 Emancipation, 77004	T & TH	Adult Water Fitness
MacGregor	5225 Calhoun, 77021	W & F	Aqua Zumba
N.Wayside	9551 N. Wayside, 77078	T & TH	Adult Water Fitness
Townwood	3403 Simsbrook, 77051	T & TH	Adult Water Fitness
Westbury	10605 Mullins, 77096	T & TH	Adult Water Fitness
Alief	14441 Croquet, 77085	W & F	Adult Water Fitness
Oak Forest	1400 Du Barry, 77018	W & F	Adult Water Fitness
Lincoln	1048 Greshaw, 77088	T & TH	Adult Water Fitness
T.C. Jester	4201 T.C. Jester, 77018	T & TH	Adult Hydro Fitness
Sunnyside	3502 Bellfort, 77045	W & F	Silver Splash

6:05
-
7:00
PM

START & END DATES:
6/10 - 8/1/25

Only exception is SunnySide 3502 Bellfort, 77045 Wednesday & Friday (4:30 - 5:15 pm)

CLASS DESCRIPTIONS :

ADULT WATER FITNESS:

A combination of cardio, strength training and flexibility that takes you through a series of stations using effective circuit training principles and the latest aquatic equipment for a total body workout.
Intensity: light to moderate

SILVER SPLASH:

A water fitness class for mature adults to gently stretch, flex, tone and socialize in shallow water.
Intensity: light

AQUA ZUMBA:

a class that combines high energy and Latin music with movement in the water, a combination that helps participants dance away their worries while staying in shape.
Intensity: light to moderate

ADULT HYDRO FITNESS TRAINING:

An athletic approach to water fitness training with sports-specific drills, intense cardiovascular work, intervals, balance/core training, martial arts, and plyometrics. Loud, rocking music is a part of the workout. Recommended as a great form of cross training.
Intensity: moderate to hard

All enrollments are filled on a "first-come, first served" basis . **Now – August 1, 2025**
Aqua shoes, towel and a plastic bottle of water are recommended.

Online Registration: www.houstonparks.org (click on Swimming Section)

For More Information : (832) 395-7129

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