



WILSON'S FITNESS CENTERS

Forum Group Fitness Classes

Indoor Pool

Fall Schedule

effective September 21, 2026

TIME	CLASS	INSTRUCTOR
MONDAY		
9:00 - 10:00 am	Extreme H2O	Lisa Glass
10:15 - 11:15 am	Aquacise	Peggy Nigh
5:30 - 6:30 pm	USMS Practice-Recess Relays★	Kathryn Fishman-Weaver
TUESDAY		
8:00 - 9:00 am	Aquacise	Peggy Nigh
9:00 - 10:00 am	Aqua Core & More	Carey Henson
10:00 - 11:00 am	Aqua Stretch, Flex, & Balance	Amy Antes
5:30 - 6:30 pm	Aqua Zumba	Kim Cook
WEDNESDAY		
7:00 - 8:00 am	USMS Practice-Strength by Technique★	Lauren Ries
9:00 - 10:15 am	Aqua ICE	Barb Buchanan
10:15 - 11:15 am	Aquacise	Annette Simpson
THURSDAY		
8:00 - 9:00 am	Aquacise	Lisa Glass
9:00 - 10:00 am	Aqua Core & More	Carey Henson
5:30 - 6:30 pm	Aqua Zumba	Kim Cook
FRIDAY		
9:00 - 10:15 am	Aqua Stretch, Fit & Go	Barb Buchanan
10:15 - 11:15 am	Extreme H2O	Lisa Glass
SATURDAY		
9:00 - 10:00 am	Extreme H2O	Peggy Nigh
SUNDAY		

★ Due to limited space, this class requires signing up at the front desk up to 30 minutes prior to class.

Revision 09/21/26