

## **AI CHI**

Graceful form of aquatic exercise that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This total-body strengthening and relaxation progression is good for balance, bones and brains.

## **AQUA ARTHRITIS**

The program is designed to help relieve the pain and stiffness caused by arthritis while providing a fun, social opportunity. Diseases associated with arthritis such as gout, osteoporosis, fibromyalgia, lupus, scleroderma, Raynaud's phenomenon, bursitis and tendonitis also benefit from this class.

## **AQUA BARRE**

A medium-intensity, challenging workout that will get your heart rate up and tone and tighten all the right areas. Utilizing the side of the pool like a ballet barre, this class incorporates isometric movements, Pilates, yoga, cardio and resistance training while still being low impact on bones and joints.

## **AQUA BRAIN DANCE**

A fun, high-energy class for all ages. First wake up of your brain with calisthenics and low intensity movement targeted at different motor skills and senses. Then kick up your heart rate with line dances to some of your favorite songs and folk dances from around the world.

## **AQUA BOX**

This boot-camp style class combines kickboxing moves with fast-paced cardio. This high-energy workout challenges both the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

## **AQUA CARDIO BOOT CAMP**

This high-intensity shallow water class is fun, fast and effective. Using a variety of buoyancy and resistance equipment you will get a workout like no other. The high energy music will motivate you to work harder than you ever imagined in water.

## **AQUA DANCE PARTY**

A fun, medium-intensity workout for all ages and abilities. Get your heart rate going and build strength and flexibility all while singing and dancing to your favorite hits from oldies to today.

## **AQUA FIT**

This class provides an atmosphere of safe resistance for aerobic conditioning. Perfect for all levels, including pregnant and/or joint-sensitive individuals. The class utilizes a variety of aqua equipment to improve strength and conditioning.

## **AQUA FLEX**

This program is designed to provide an opportunity for people to exercise in a heated pool, meet friends and have fun. It is a self help program of exercise designed to maintain and improve range of motion of joints and strengthen muscles. Any adult may participate provided they are capable of climbing in and out of a pool, change clothing and provide their own transportation.

## **AQUA POWER**

This class uses water resistance to develop muscle tone, flexibility, cardiovascular health and general well-being. Participants use aqua barbells and noodles to tone and build strength.

## **AQUA YOGA**

This class uses the principles and movements of yoga in a series of exercises that combine the therapeutic and buoyant nature of water with the energizing and harmonizing effect of yoga. This soothing workout promotes deep breathing, and a balanced mind and body.

## **AQUA ZUMBA**

Known as the Zumba pool party, the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond. Strongly recommend water bottle and water shoes.

## **CURRENT CHAOS**

Start with water walking and add a mix of moves with and against the current. Challenge your balance, build stamina and strength, all the while moving to great music. All fitness levels welcome. This class is offered with and without equipment.

## **DEEP WATER MASHUP**

Build core strength in this medium-high intensity aerobic workout. Increase your range of motion and improve muscle tone while improving your cardiovascular health.

## **FOREVER FIT**

Exercise/activities include range of motion, strengthening, balance, and coordination, water walking and low aerobic work. This class is specially designed for those looking for a low-impact water exercise workout. Develop muscle tone & flexibility without harsh pounding on your joints. Everyone works at their own pace.

## **HYDRO RUNNING/YRUN**

Hydro running is a modified, non-impact form of running done in place in deep water wearing a flotation belt. It entails simulating running motions with your arms and legs using the water as resistance to add challenge to the workout.

## **LAZY RIVER BOOT CAMP**

A high intensity workout that incorporates cardio and strength training exercises used in boot camp classes to the intervals and work against the current

## **LAZY RIVER WALKING**

Give your joints a break from the pounding of everyday training on land while getting an excellent aerobic and calorie burning workout. Participants are strongly encouraged to wear water shoes.

## **SHALLOW/DEEP COMBO**

Mix it up and enjoy the entire pool in this combo class that combines deep & shallow water exercise. From deep water running to shallow body conditioning, this total body workout will feature non-stop, high energy water exercises. Spice up your fitness routine and splash your way to a healthier body. A mid-section floatation belt is provided and must be worn in this class.

## **STRENGTH & INTERVALS**

This class includes interval training and strength building exercises to improve cardiovascular fitness. This workout includes plyometric work with exercises such as bouncing, skipping and jump squats in shallow water. This is a fantastic way to get a dynamic workout while putting less stress on your joints and allowing recovery from land workouts such as running and other high-intensity exercises.

## **WALKING & STRENGTH**

If you enjoy the lazy river walking class but would like to add more strength training to your workout this is the class for you. Buoyancy equipment combined with the resistance from the water will get your heart rate up in this fun, muscle-building workout.