



WATER FITNESS CLASSES



AQUA ARTHRITIS (S)

The program is designed to help relieve the pain and stiffness caused by arthritis while providing a fun, social opportunity. It is not necessary to know how to swim for this class. Diseases associated with arthritis such as gout, osteoporosis, fibromyalgia, lupus, scleroderma, Raynauds 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. All fitness levels welcome.

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 CARDIO CORE (D)

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

AQUA CARDIO BURST (D)

This class incorporates high intensity interval training with strengthening exercises.

(S) = SHALLOW END*
(D) = DEEP END

***water shoes recommended for shallow end classes.**

AQUA FIT (S)

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 POWER (S)

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.

DEEP WATER DYNAMICS (D)

A jogging belt is used for flotation while aqua barbells are used to tone the upper body. This class is easy on the joints and provides a great total body workout.

DEEP WATER MASH UP (D)

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

DEEP WAVES (D)

This high-intensity, total body workout will build your cardio endurance. A heart pumping workout for land fitness enthusiasts.

HYDRO RUNNING/YRUN (D)

A modified, non-impact form of running done in place in deep water wearing a flotation belt. Simulate running motions with your arms and legs while using the water as resistance. Routines learned in class mimic land running and include imagined cross country courses, interval training, hill pacing, sprints, and speed work.

MASTERS SWIMMING (S/D)

This program is designed to give adult lap swimmers a group setting for workouts. Participants have structured practices, including monthly skill drills. To join, you must be able to swim two consecutive lengths of the front crawl, back crawl and breast stroke.

SILVER SPLASH/NOODLES (S)

A class for the active older adult who wishes to improve range of motion, strength, balance, coordination and flexibility. Work at your own pace to achieve a low-intensity water workout. This class is offered both with and without equipment.

STRETCH & TONE (S)

A great opportunity to exercise in a heated pool, meet friends and have fun! It is a self-help program of exercise to maintain and improve range of motion of joints and strengthen muscles.

ALL of our Water Fitness Classes are FREE for members.