

CLASS DESCRIPTIONS

Aqua Blast— Plan to hop in the pool and get your heart rate up using a variety of equipment. This hour class will work on cardiovascular health as well as strength in a low impact on your joints!

Aqua Jogging —Participants combine cardiovascular work, deep-water running, jogging, bicycling and cross-country skiing movements. Class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance.

Hydrocise—This class is excellent for participants of all ages and fitness levels. In this class you will do exercises to work every part of your body in a variety of ways. Using weights, noodles and anything else the instructor can come up with, you are sure to get a workout. It incorporates circuit training along with resistive and cardiovascular conditioning.

Hydro Gym—Get pumped up in this exciting interval water class. There will be cardio and strength work using noodles, kickboards and dumbbells.

SilverSneaker® Splash—Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Water Boot Camp—If you want to burn calories, get great cardio workouts along with toning, building endurance and muscle strength, this is the class for you! This class provides an intense workout! This class will utilize all equipment our aquatics facility has to offer.

Water Fitness Intervals— This class is an intense aerobic workout without stress to the joints! Get your heart rate up with cardio and strength intervals.

Water Workout—This class uses water resistance to strengthen and tone muscles. No swimming ability is needed. Water provides 60% more resistance than on land and reduces stress on the joints by about 90%

Water Yoga— Practice your balance, recover from or relieve pain, focus on alignment, discover new challenges and find peace in the water. A great investment in your health....and a little fun in the water!

Classes on the schedule are included with membership!!

For any questions with group fitness, please ask our Health & Fitness Director.

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