

Water Class Descriptions:

AQUA DEEP- An aqua fitness class in the DEEP end. Participants must wear a self-provided flotation belt for each class.

AQUA FOR ALL- Aqua class for all levels and all ages; no two classes are the same!

AQUA FUN- A small ball and loop band workout in the water performing exercises to improve flexibility, strength, and endurance.

AQUA IN MOTION- A moderate water workout using a loop band and then gentle exercises to improve strength, endurance, and flexibility.

AQUA PILATES- Ideal for core strength and dynamic stability.

AQUA RESISTANCE- Focuses on upper and lower body strength and endurance by using the wall, water and water weights as resistance.

DOUBLE NOODLE- Vigorous workout for the entire body using two noodles and no weights.

NOODLE & WEIGHTS- Synchronized aqua resistant exercises while using a noodle with weights in hand.

STRETCH & SCULPT- Helps improve flexibility and increase range-of-motion while toning all muscle groups.

SURF & TURF- A low impact total body strength and cardio workout in-and-out of the pool using body weight exercises and a variety of equipment including resistance bands, balls, and noodles.

WATER WALKING- Small ball workout for the whole body followed by various types and intensities of water walking.