

AQUA FITNESS CLASS DESCRIPTIONS

LOW INTENSITY



Aqua Arthritis follows the Arthritis Foundation Aquatic Program, providing exercises that have been scientifically evaluated and specific for those with arthritis and related diseases. Participants may improve range of motion, muscular strength and endurance, and balance control.



Aqua Tai Chi incorporates the principles of balance, strength, and breathing practice to offer participants the opportunity to focus on health, relaxation, and overall well-being.



Aqua Yoga is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and very low impact aquatic activity.



Gentle exercises to help participants improve range of motion, muscular strength and endurance, balance control, and enjoy socializing.



Stretch and Strength is a fun form of exercising FOR ALL. You can catch this morning class in the Therapy Pool. Bring a friend to join the fun!!

MODERATE INTENSITY



If you enjoy walking but would like to change things up from your usual routine, water walking is the option for you. This low-impact exercise is gentler on your joints, has the potential to burn calories while building strength due to the challenge of the water's extra resistance. No swim experience required. Aqua fitness shoes recommended/optional.



Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous.



Y Waves is a low to moderate intensity class. This fun class will make the difference between staying active and hardly moving. Various exercises will be offered to develop cardio-endurance and muscular strength, balance and coordination, encouraging and promoting a healthy lifestyle.



Bodies will be sculpted, heart rates will increase, and fun will happen! Each class provides a variety of powerful moves from our Core & More, Aqua HIIT, and Y Waves classes. Movements utilize the water's natural resistance, with or without equipment, which is provided. Aqua shoes recommended, but not required.

MODERATE/HIGH INTENSITY



Water In Motion is a fun group aqua class that tones and tapers the entire body. Participants of all ages, skills, and fitness levels enjoy this moderate impact, lively water workout.



Looking for a fun and exhilarating high-intensity class-this is it! Designed for a healthier active you-strengthening core, building endurance, & sculpting your body! Aqua shoes recommended, but not required.

HIGH INTENSITY



This hi-energy, no-impact, athletic approach to fitness will challenge you in a good way. Dynamic fast-paced circuits, hi-intensity interval sets, and lively music will give you a total body workout. Floatation belts provided or bring your own.



Like early morning high-intensity work-outs? Each class begins with active warm up; proceeds through fun, fast-paced circuits, interval set sets, and strength training exercises for a total-body workout.



New Aquatic Format! Blend combat techniques (think punching, kicking, boxing) with Aquatic HIIT moves. SuPeR FiT FuN! Aqua shoes recommended, but not required.

All aqua fitness classes can be modified to all levels and intensities from beginner to expert.

