

Aquatic Intervals - Aerobic activities mixed with high-energy anaerobic training. Easy to follow format that will challenge your workout and improve overall fitness.

Interval training is an aerobic conditioning format that incorporates alternating segments of work and active rest. Studies have shown that these intense bursts of exercise boost your metabolism and may burn more total calories than steady state cardio. Aquatic Intervals is a fantastic way to get a dynamic workout with minimal joint stress.

Water Works - Creative choreography that is fun to follow and keeps you warm. Moving to a variety of music, you'll become a believer that Water Works!

This is a one-hour, non-stop, shallow water workout designed to improve cardiovascular fitness, endurance, and flexibility. Crank up the intensity without overloading your mental circuits.

EZ Aqua - Warm water gentle movement. Just what the doctor ordered for arthritis, fibromyalgia, diabetes, high blood pressure, or pre/post surgery.

Low to no impact exercises to improve overall flexibility, range of motion, balance, strength and condition levels in addition to decreasing general pain and stiffness. Excellent for beginners and seniors with limiting physical or rheumatic conditions. Move gently through the water and discover the benefits of buoyancy and resistance.

Balance and Core - Find balance and improve core stability. It is a great way to do abdominal exercises without extra stress on your body and joints.

Most experts agree that the core is more than just the abdominals. The core is the foundation for all movement. By being mindful about muscle recruitment, this shallow water class will help to tighten & tone the core muscles. Purposeful movement will be introduced to target endurance, gait, and balance.

Aqua Zumba - A party in the pool! Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class.

Aqua Zumba gives new meaning to the idea of an invigorating workout. This class blends the ZUMBA philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class, so you can really let loose!

\*\* It is not necessary to know how to swim for any of the aquatic fitness classes. All classes will be held in the shallow pool during the summer. Participants are encouraged to work within their own physical limits. A water bottle is recommended for all classes.