

Group Fitness Water Class Descriptions January 4-May 31, 2015

ARTHRITIS AQUA CLASS - This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility. The water is a safe, ideal environment for relieving arthritis pain and stiffness.

AQUACISE - Water Aerobics classes which offer a variety of moves in the 'forgiving' environment of WATER!! Cardio, strengthening of core (abs), strength & resistance training and balance & coordination are all a part of a full body workout with our variety of instructors. We offer fitness and fun early-to mid-morning and evening classes to get you moving for a healthy lifestyle, no matter your age or current level of fitness.

AQUA ZUMBA® - Perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy, latin and world rhythms with water resistance, for one pool party you don't want to miss!
(Class content subject to change if sub is needed.)

WATERBALL- Hey all you volleyball fans, come out for a non-competitive, cardio-fun, water volleyball class!
Just like playing a regular game of volleyball, but doing it in the pool. A short warm-up and stretch and then let the fun begin!