

30 MINUTE CARDIO AND CORE

Don't have time for a full hour of workout? This short high intensity class condenses an hour of workout into just 30 minutes. High intensity cardio intervals are interspersed with core training for cardiovascular benefits and total body toning. Fun motivating music helps to increase the intensity. Please arrive on time for 30 minutes of high intensity fun!

AQUA KICKBOX

Turn up the fun in your workout with a round-house kick and a punch! Enjoy the benefits of cardio and strengthening with the kickboxing style. Water shoes are recommended.

AQUA TONE

A high level deep water class that incorporates cardiovascular fitness, core strengthening and toning. Participants do not have to be able to swim to participate in the class. Flotation equipment will be provided.

AQUA ZUMBA

Spice up your dance moves and feel the rhythm of ZUMBA in the water! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Water shoes are recommended.

BODY SCULPTING

Explore another level of training using a variety of equipment including resistance bands, aqua bells, noodles, buoys and balls in this all over body workout. Water shoes are recommended.

CARDIO ENDURANCE

This class has an emphasis on cardiovascular conditioning. A buoyancy belt is highly recommended. We utilize swimming skills, exercises which enhance coordination and memory, and enough cardio to boost your levels. We end with toning exercises for a total body workout. Bring your water and let's go to work!

CHALLENGE & DEEP DANCE

Let's have some fun as we dance our way through the deep. This class is designed to bring participants fitness to the next level without injury. We'll use the exercise components of cardio, strengthening and conditioning of the major muscle groups, body composition, agility and flexibility. Flotation belts provided.

CIRCUIT TRAINING

This combination of cardio and strength training utilizes strength training principles and aquatic equipment with water based fitness. Participants progress through a series of stations for a total body workout.

FUN FITNESS

From aqua intervals to aqua travel, this class mixes your favorite classes all in one. With such a versatile class, you are able to get a different workout every time. Come have some fun at the end of the day! Water shoes are recommended.

GENTLE WAVES

Taught 3 days per week is our gentle movement class utilizing exercises from the Arthritis Foundation. Get up off the couch and let's move every joint and muscle in the safety of the water. Water shoes are recommended.

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GO THE DISTANCE

Suspended in the deep water this class can help you to increase your endurance, your balance and your muscles. You will be encouraged to try new exercises that challenge the core. Our work is "play"!

INTERVAL TRAINING

One of the best ways to exercise and put some change into your routine is Intervals! We use a variety of interval formats including Tabata's and Pyramid's to rev up your system, burn calories, and provide a complete workout. Deep water allows for zero impact while shallow water gives a low impact way to work your body.

PADDLEBOARD FITNESS

Test your balance, strength and endurance using one of our special fitness paddleboards that are tethered to the lane lines. Some classes have more of a yoga focus while others have more of a Pilates/Strength focus. Come dressed in clothes you are okay to get wet in; swimsuit, workout clothes that can get wet or a combination of the two. Reservations required.

POWER AQUATICS

This class has an emphasis on cardiovascular conditioning while encouraging each individual's growth. Our philosophy is that everyone can improve their fitness. The class utilizes barbells and buoyancy equipment for a rewarding aerobic workout.

PUSH IT

Designed for all ages and every fitness level who want to work hard and stay fit. The class focuses on the three components of exercise fitness – cardio, strength & endurance, plus flexibility!

SILVER SNEAKERS 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 Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

WET N' FIT

We use the water's natural resistance to boost our strength, balance, and cardio fitness. This class is beneficial to all ages and abilities. Water shoes are recommended.