

WATER FITNESS CLASSES

Water provides a liquid weight machine that offers resistance work in functional ranges of motion for daily living, while the support of buoyancy cushions impact against joints. Workouts are designed for swimmers and non-swimmers alike.

Age: 12 years and up

AQUA ZUMBA

Physical conditioning through Latin dance moves and water exercise. Shallow water, medium impact and a cardiovascular workout is all part of this class! Good for exercisers of all abilities.

AQUATICISE

Water resistance movements tone muscles, increase coordination and flexibility, improve posture and build endurance.

DEEP WATER CHALLENGE

A fun yet intense no impact full body workout. Wear a belted floatation device as you suspend in the deep end to execute various water-resistant moves designed to increase cardio endurance and strength, sculpt muscle and burn fat.

FIT n' FUN

Gentle total body low-impact aerobics specially designed for older men and women uses the resistance of the water to help increase flexibility, range of motion, balance and posture in the shallow water.

HIGH INTENSITY WATER AEROBICS

Combination of cardio HIIT, strength training, balance work and flexibility.

INSTRUCTORS CHOICE

Hydra-exercise, aerobic routines and toning. Non-swimming exercise program designed to promote cardiovascular fitness as well as tone muscles.

INTO DEEP

Class participants use floatation belts to suspend themselves in the water for a great workout without any pressure on sensitive joints.

SILVER SPLASH

SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Special Silver Sneakers kickboard is used to develop strength, balance and coordination.

WATER WALKING

Leave your gym shoes at home and take a walk in the water. This full-body aerobic workout is low on impact but high on muscle building.