



## **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 BEATBOX (20)**

Explore a wide variety of beats through the decades with our lively instructor. This is a fast paced, dance based aerobics class.

### **AQUATICISE (8)**

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

### **AQUA VARIETY (20)**

A medium paced workout using a variety of exercises in the water with minimum impact of wear and tear on the body.

### **AQUA ZUMBA (20)**

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.

### **DEEP WATER CHALLENGE (14)**

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.

### **HIGH INTENSITY WATER AEROBICS (8)**

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

### **INSTRUCTORS CHOICE (Mon 8) (20- Tues Wed Fri)**

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

### **INSTRUCTORS SPLASH (18)**

Offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Water fitness equipment is used to develop strength, balance and coordination.

### **WATER WALKING (20)**

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.