



WATER CLASS DESCRIPTIONS

Arthritis Foundation (AF) & More– Shallow water exercise program proven to help you live better with arthritis. Suitable for every fitness level. Reduce pain and stiffness while increasing strength, flexibility and endurance. Zone = 1

Aqua 30/30– A medium to intense class similar to Aquacise that will start in the shallow water for 30 minutes and then move over to the deep water for 30 minutes (or reversed). A great class for those that want to transition over to the Deep Water. Zone = 3

Aqua Body Blast– Challenging deep water whole body workout to help improve strength, definition and endurance. Zone =4

Aqua Boot Camp– High intensity deep water class that is designed to challenge any age and fitness level! Offers both cardio and toning components while using a variety of equipment. Zone = 4

Aquacise– A low to medium impact shallow water class promoting joint flexibility, range of motion and agility while building cardi-vascular endurance and muscular strength. Zone = 3 * * T h i s c l a s s i s a l s o p e r f o r m e d i n t h e D e e p W a t e r * *

Aquacise Extreme– 30 minutes of challenging nonstop cardio and strength training bound to make you sweat! Zone = 4

Aqua Fun– Introductory deep water class. Great muscular strength, endurance, and cardiovascular workout. Zone = 2

Aqua Running– Deep water class for all levels consisting of running motions and training to help build muscle strength and endurance. Great for runners or those just looking for an excellent cardiovascular and strengthening workout. Zone = 4

Aqua Zumba– Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. This class will help sculpt and tone your body! Zone = 3

Finning– High energy, very aerobic class in the deep water using flippers for extra resistance. Zone = 3

H2O Fit– Great class to increase joint range of motion while increasing cardiovascular health and muscular strength. Targets a wide range of levels including the beginner and the pre & post natal mom. Zone = 3

Silver Splash– Shallow water class, lots of fun and will improve agility, flexibility and cardiovascular endurance. Zone = 3

Zero Impact– Intermediate to advanced deep water workout to improve muscular strength and endurance. Zone = 3