

AQUA AEROBICS

HIGH ENERGY,LOW IMPACT WORKOUT CLASS.HELD IN SHALLOW END OF THE POOL.THERE IS A STRONG CARDIO SEGMENT FOR APPROXIMATELY 25-35 MINUTES COMBINED WITH STRENGTH TRAINING,USING RESISTANT EQUIPMENT AND STRETCHING TO IMPROVE FLEXIBILITY.

AQUA BOOT CAMP

This 45 minute class is an athletic approach to water fitness training with sports-specific drills, cardiovascular work,intervals, and weights . You're sure to improve your cardiovascular conditioning as well as muscular strength and endurance.

BALANCE AND FLEXIBILITY

IS A SLOWER MORE GENTLER CLASS.IT IS EXCELLENT CLASS FOR SOMEONE RECOVERING FROM SURGERY, OR SUFFERING FROM ARTHRITIS ,ETC. A LARGE FOCUS OF THE CLASS IS BALANCE AND FLEXIBILITY

POWER HOUR

THIS IS A HIGH INTENSITY,TOTAL BODY CONDITIONING CLASS.THIS CLASS CONTAINS CARDIOVASCULAR AND STRENGTHENING USING WATER RESISTANCE EQUIPMENT.

SILVER SPLASH

ACTIVE YOUR AQUA EXERCISE URGE FOR VARIETY! SILVER SPLASH OFFERS LOTS OF FUN AND SHALLOW WATER MOVES TO IMPROVE AGILITY,FLEXIBILITY AND CARDIOVASCULAR ENDURANCE. NO SWIMMING ABILITY IS REQUIRED, AND A SPECIAL SILVER SNEAKER KICKBOARD IS USED TO DEVELOP STRENGTH,BALANCE AND COORDINATION.

WATER WALKING

THIS CLASS PROVIDES LESS IMPACT THAT WALKING ON LAND.THE FOCUS IS ON ENDURANCE AND MOBILITY.