

All Aqua Fitness Classes Are Included In Your Membership!

MONDAY

10am **Water In Motion (Virtual)** **Main Pool**

TUESDAY

6am **Aqua Deep** **Deep Pool**
8am **Warm Water Tai Chi** **Warm Pool**
9:15am **Aqua Bootcamp** **Main Pool**
11am **Active Agers** **Main Pool**

WEDNESDAY

1pm **Active Agers** **Main Pool**

THURSDAY

8am **Water Walking** **Main Pool**
7pm **Stride and Strength** **Main Pool**

FRIDAY

1pm **Water In Motion (Virtual)** **Main Pool**

Aqua Deep

Break a sweat in the water in this intense cardio workout. All moves executed with no impact. Core and cardio exercises will build strength and improve your fitness level. Flotation belts are used for proper body alignment.

Aqua Bootcamp

This highly challenging class will offer strength and endurance training to give you an excellent cardio and strength workout. Intensity of workout can be increased by adding water resistance tools.

Active Agers

This class is designed to get you moving with low impact. A variety of traveling exercises will offer a cardio workout to improve range of motion, muscular strength and stamina while decreasing stress of the joints.

Stride & Strength

Maximize your strength while toning, lengthening, and defining muscles. Using the natural resistance of the water as well as aquatic weights and exercise equipment, you'll learn how to safely and effectively intensify your aquatic workouts. While all muscle areas are used, focus is on the legs, lower back and core in these medium impact workouts.

Warm Water Tai Chi

Water Tai Chi is a water exercise and relaxation program that has been created to help us enjoy the water in a flowing yet powerful progression. Tai Chi increases oxygen and caloric consumption simply with correct form and positioning in the water. Water's buoyancy and three dimensional resistance allows people to move in ways that can help best meet their individual fitness needs and prepare their body for daily activities. We aim is to strengthen lower extremities, trunk and back muscles by using water's resistance to improve muscular strength and endurance. In addition, we incorporate the inherit properties of the principles of Tai Chi to enhance, develop and expand the mind-body connection.

Water in Motion

Low impact, high-energy challenge for participants of all ages, skill, and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body.

Scan Code to download
your own copy of the Schedule.

