

All Aqua Fitness Classes Are Included In Your Membership!

TUESDAY

8am	Aqua Tai Chi	Warm Pool
9:15am	Aqua Bootcamp	Main Pool
11am	Active Agers	Main Pool

WEDNESDAY

10am	Aqua Stretch	Main Pool
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THURSDAY

8am	Water Walking	Main Pool
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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.

Aqua Stretch

Loosen and relax tight muscles with slow exercises performed in water. Reduce back pain and overall stiffness while improving flexibility and core strength with exercises in the pool. Low or no-impact and increased resistance. Increase your stamina and endurance while taking it easy on your joints and bones.

Aqua 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.

Scan Code to download
your own copy of the Schedule.

