

Class Descriptions
B-Beginner I-Intermediate A-Advanced

Cardio Crazy: In this class you'll be challenged with a high energy cardio workout, which incorporates large muscle movements and targets joint and range of motion. A variety of equipment adds resistance to routines to gain strength and muscle toning. Fridays are a MYSTERY class for fun and enjoyment. (I)

Deep Benefits: Medium-High intensity, deep water workout. Flotation belts are available to assist with balance and form. This exciting class focuses on cardiovascular fitness, core strength and toning. Deep benefits incorporates upbeat music to erase the day's stress. Recommended for individuals comfortable in deep water. (I,A)

Lite-N-Lively: This class is designed for **BEGINNERS** to build endurance and strength in the water. The first 30 minutes of class are spent doing a low intensity aerobic and muscular workout and the last 15 minutes are spent in the therapy pool for neck and shoulder range of motion. (B)

Body, Health and Life: Come and enjoy a unique combination of aerobic and full-body workout. Various equipment will be used to enhance your workout. Great class for all ages and levels of fitness. (B,I)

Pool Power: An intermediate to advanced shallow water aerobic workout that focuses on sculpting and toning those problem areas. Have fun using a variety of "pool tools" increasing water resistance to promote muscular strength, coordination and flexibility. Socialize while on cardiovascular and muscular endurance. Aqua shoes are recommended but not required. (I,A)

Pool Power +: An intermediate to advanced shallow water workout with music designed to promote muscular strength, endurance, cardiovascular conditioning, and flexibility. This class will challenge you while getting you in shape for your sport or activity. Use of: bands, balls, weights, hand-webs or kickboard could be incorporated. Aqua shoes are recommended but not required. (I,A)

Double Depth: Get your heart pumping in shallow or deep water with this medium to high-intensity workout. You choose or do both! Deep water with the assistance of a noodle or flotation belt will challenge you. Not comfortable in the deep then join in the shallow and still receive a great workout. Following the aerobic portion of class, we move to the shallow for toning and stretching. Aqua shoes not required but recommended. (I,A)

Box of Chocolates: You will never know what you'll get except fun and fitness! Be ready for anything, any tool, full body workout!(B,I, A)