

Pool 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)

Splash Circuits: Aquatic equivalent to circuits on land/gym. We will incorporate a wide range of activities and movements using a variety of equipment to target and tone specific muscle groups interspersed with cardio activities aimed at improving your aerobic fitness. This is a total body workout. *Water shoes are advantageous. ** Bring water to drink!