

Water Class Descriptions

Aqua N10c – Looking for the perfect combination of heart pumping cardio and intense strength training? This class is it. Each week both the format and the equipment used will change to make for increased calorie burning with a total body workout. No swimming involved. Suitable for beginner as well as advanced participants.

Aqua T&S – Designed to accommodate all levels of swimmers (or non-swimmers with a kickboard). Experience different combinations of speed with drills in this lap swimming formatted class. Class size is limited, and you may be asked to share lanes. Goggles and a swim cap are suggested. Get ready to test your endurance and improve your swim skills.

Aqua Zumba® – Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of a fun & invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Thai Chi Yoga (TCY) – A combination of Thai Chi & Yoga movements in the water to improve range of motion and relieve stress. Participants enter waist to chest deep water and perform relaxing and strengthening movements with the support of the water. No swimming required.

Water Aerobics – The perfect combination of cardio and strength training in a hi-lo interval style class. Participants enter the waist to chest deep water to perform exercises with equipment such as noodles & water weights. A benefit of water aerobics is the fact that it is low impact due to the fact that your body will be virtually weightless while you're in the water. Water aerobics is good for those participants recovering from injuries. It's also great for cross training if you perform a lot of other high impact activities during the week or if you are simply looking to maintain your cardiovascular fitness. Beginner to advanced participants ages 13 years (with parent) & older.