



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS CLASSES:

AQUA ABS & ARMS - Any Level - This class is a 45 minute moderate ab workout.

AQUA FIT - Any Level - Join us for a fun and energetic water fitness session. Great for beginners, works all muscle groups, provides effective aerobic training, and increases your flexibility.

DEEP WATER POWER - Any Level - This class is a more intense cardio and muscular strength workout combining cardiovascular work, deep-water running, jogging, bicycling, and cross-country skiing movements. Focus on muscular strength motions that work the body's major muscle groups.

MORNING GRIND WATER AEROBICS - Any Level - A mid tempo aerobics class geared towards increasing the heart rate, as well as, strengthening and stretching the body to get your day started on the right foot.

MID-TEMPO AQUA BEATS - Any Level - Energize your day by starting it out in the pool with a fun total-body workout to a great moderate beat.

POOL PARTY - Any Level - A great workout in the water with just a little extra pep in its step. Total-body moves with just a little less impact for your joints.

SPLASH JAM - Any Level - This is an aerobic workout that develops strength, increases muscle tone.

TONE & STRETCH - Any Level - This is a full body, slow-paced, low key, non-aerobic class focusing on stretching, toning, balance, strength and mobility. Participants use belts, stretch bands and bouyancy boards with freestyle exercises.

WATER AEROBICS - Any Level - You will get a great workout in the water without the impact on your joints that land classes can give you.

WATER YOGA - Any Level - You will learn all the fundamentals of asana yoga: how to breathe, move, stretch and relax. End results show gains in flexibility and strength.