

Water Exercise Class Descriptions:

Shallow and Deep (Lap Pool): This class incorporates cardiac fitness, flexibility, and toning using the benefits of the shallow and deep water to provide resistance and reduce impact on joints and muscles.

Active Older Adults (Fun Pool): This class is designed for adults of any age. Keep your spirit, mind and body healthy in this lively group of men and women. Workout is adapted to meet the needs of the participants in the class.

Arthritis Foundation Aquatics Program (AFAP) (Fun Pool): This class is designed for people with arthritis and other related conditions. The class is also good for anyone with muscle, bone, or joint difficulties. This class gives you the opportunity to do gentle activities in shallow water with guidance from a trained instructor.

Surf's Up (Fun Pool): This class is perfect for those who want to improve strength, balance, and cardiac fitness. Great for fit adults or those with mild joint sensitivity. Aspects of this class also include toning exercises for abdominal muscles and upper body.

Aqua Pump (Fun Pool): This is an energetic class that incorporates cardiac fitness, toning, and flexibility into an hour of hopping fun. Use the water to provide resistance and reduce impact. Get your blood pumping with this intense workout in the fun pool.

Making Waves (Lap Pool): This class incorporates a core cardio workout with aspects of resistance and flexibility for a low impact workout utilizing the entire pool.

NEW!!! Aqua Pilates (Fun Pool): A great workout to strengthen the CORE. Also enhances flexibility, balance, and coordination. Participants should be comfortable using a variety of pool equipment in hands and sustaining poses off the pool floor.

- Lap pool is kept at 82° and the fun pool is kept at 88°.
- Classes are an hour long. At the beginning of class, please sign the sign-in sheet that is kept on the desk in the pool area.