



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Exercise Class Descriptions

Abs and Back with Noodle: Designed to focus on the core, from the Rehabdominals curriculum, we tame the wily pool noodle engaging our stomach and back muscles, to improve posture and balance. *Class moves to 9:00 am for June-August.

Aqua Zumba: Pool party work out! Dance your cares away to the beat of the music.

Arthritis Class: Low impact class that increases blood flow to every joint in the body. Level 1 is slower paced and good for introduction to moving in the pool. Level 2 is for those comfortable exercising in the pool and ready to move. *Please note this class combines at 11:00 during the summer-June through August.

Deep Water Aerobics: A challenging class that builds strength in the abdominal muscles as well as engaging arms, legs, and back. It also increases cardio endurance.

Family Fun Night: Bring the whole family out for games and activities in the pool. Second Fridays only!

Hydro F.I.R.E.: Fusion, Interval, Resistance, Endurance...the name says it all! Intense class that makes you sweat in the water as you build muscle.

Morning Challenge Deep: Strengthening and toning while engaging your core in the deep water, using float belt and water bells. If not comfortable in the deep end, may do exercises in shallow end. *Class moves to 8:00 am for June-August.

Morning Challenge Shallow: Cardio workout that also strengthens and tones. *Class moves to 8:00 am during June-August.

Shallow Water Aerobics: Class uses the whole shallow end to move it, move it, move it! All around cardio, strengthening, and toning.