



Experience the Benefits of Water Exercise!

Class Descriptions

Aqua Fit: A moderate to high intensity aerobic and strength workout that incorporates the use of weights, buoys and noodles. (All fitness levels)

Hydro Burn: A complete body workout for the serious exercise enthusiast. This class combines high intensity cardio with strength training. This class incorporates the use of weights, tubing, belts, bands and noodles to add more resistance which increases muscle strength and endurance. This class provides you with an excellent way to cross train. (All fitness levels)

Liquid Heat (High Energy Aquatic Training): This class that takes you to the next fitness level. This liquid cardio class includes progressive movements of jogging, jumping and skiing, just to name a few. (All fitness levels)

Power Aqua: A unique but challenging water workout that compels the use of muscle for endurance, speed, flexibility and control. You're elevating your heart rate and achieving overall, total body strength. Water buoyancy reduces harsh impact on your joints. All levels of fitness may attend and gradually condition to its intensity. (Moderate to advanced fitness levels)

Power Plunge: A moderate to high intensity aerobic and strength workout that incorporates the use of weights, buoys and noodles. A portion of each class is devoted to deep water work that improves leg and hip muscle strength and endurance, walking gait and range of motion. (All fitness levels)

Med-Fit Aqua (formerly 60/60): A Physician Referred Only class. Please see a Member Service Representative for details. (Beginning fitness level)

Warm Water/Arthritis: A low intensity routine designed to improve daily function and strength. It is an excellent workout for those preparing for or recovering from surgery or living with arthritis. This is taught in our warm water pool at a temperature of approximately 92 degrees. (Beginning fitness level)

We suggest wearing water shoes to participate in all classes.