

AQUA EXERCISE CLASS DESCRIPTIONS

H₂O Boot Camp – This class incorporates many of the high intensity moves associated with boot camp into a water workout. While this workout intensifies moves like jumping jacks, high knees, and walking or running in the water, it also provides a workout that is less stressful on your joints. All skill levels are welcomed and encouraged to attend. Come sweat in the pool with a new way to strengthen muscles and burn fat!

Stretch N' Swim – Using the resistance of the water, Stretch N' Swim focuses on stretching and range of motion at the joints. Stretch N' Swim helps with flexibility, as well as pain relief. Stretch N' Swim is 60 minutes and does not require participant to know how to swim.

Splash N' Fun – With the use of boards and water dumbbells, this class works on strengthening your muscles, range of motion, and balance. Splash N' Fun is 60 minutes and no swimming is required.

Aqua Exercise – Calorie burning and muscle strengthening class. Aqua exercise uses noodles and aquatic dumbbells while using the resistance of the water. Some focus is also on strengthening the core through ab exercises. Aqua Exercise lasts 60 minutes and some swimming may be required.