

AQUA CLASS DESCRIPTION

AB*SOLUTION: We provide the solution for strengthening your core. This class will enhance core stabilization using multidimensional movements to challenge your deepest muscles. Are you ready? **L4** **AERO AB*SOLUTION:** ½ aerobics ½ abdominals.

AQUA ZUMBA-TONE: Come into the pool for a heart pumping workout spiced up with sculpting and toning classes the ZUMBA way! You'll get more from your core with a fusion of fun.

LIQUID CARDIO: Energize your body with these wonderful combinations of cardiovascular activity (40 minutes) followed by 10-minutes of toning. All will enjoy our most popular class. **L3 or L4, L5**

AEROTONE: This class is a balanced mix of aerobics and toning. This is a great workout! You'll want to come back for more. **L4**

AQUASAGE: While floating on noodles in the pool this is a unique way to relax as the water gently massages as you are moved through it. This is a one of a kind experience! **L1**

AQUA POWER PLUNGE: If you enjoy intervals of aerobics with 1 ½- minutes of toning without buoyancy devices, this is for you. Don't miss this one. Take the PLUNGE! **L5**

FOREVER YOUNG: This is our most gentle aqua class designed for members with arthritis or other joint/muscle ailments. You will feel rejuvenated. Movements focus on loosening joints and increasing muscle strength. The last 15 minutes of the class is just FUN. Entry level. **L1**

OFF YOUR FEET: Put on a flotation belt and join us for an awesome workout without the stress on your joints! **L4**

OODLES OF NOODLES: Treat yourself to our "Zero Net Carbohydrate, Hi-Energy" workout. You will be challenged with this innovative combination of aerobics and toning. **L4**

SHAKE RATTLE N' ROLL: The music will take you back in time and the water will do the same. You will enjoy dance aerobics to some of your favorite music. You won't know how good you can feel until you take this class. Everyone leaves with a smile. **L3**

WATER RUNNING: Water offers 12- times the resistance of air. You will enjoy jogging, leaping, and sprinting and much more. Aqua jog belts are provided, so there's no need to know how to swim. The class can be a challenge or a stroll in the park. Come and see for yourself. **L3**

WATER WALKING: This 30 minute workout is ideal for that just starting water exercise. We invite you to enjoy our calm waters. **L2**

WATER WORKS: If you love aerobics, running, toning, noodles, fun and abs, then, this class is for you. We'll give you the works! And we know that "Water Works". **L3 or L4**

WHITE WATER WORKOUT & WET & WILD: This high- energy class offers participants a great workout. One full hour of aerobics will keep you going all day long. Are you ready to take the challenge? **L5**

LIQUID CARDIYO, & FOREVER YOUNG: These classes will incorporate YOGA stretches during your warm down.

LEVELS OF DIFFICULTY

L1 = Entry **L2 = Calm**
L3 = Beginner **L4 = Mid-Range**
L5 = Challenging