

AQUA CLASS DESCRIPTION

AI CHI: (translation: love-energy) A simple exercise and relaxation program performed using a combination of deep breathing and slow broad movements. The properties of the water blend with ai chi movements to improve range of motion and metabolism. Calm your mind and destress. **L1**

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**

LIQUID CARDIO CIRCUIT: Have a blast with an energizing cardiovascular workout topped off with workout stations that deliver a variety of drills guaranteed to make your day. **L4**

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**

HYDROFITZ: We are keeping it fun and challenging in this high-energy class packed with cardio and full body toning. Commence with the balance and the peacefulness of yoga. **L3**

CORE FLUIDITY: . Develop your core strength and balance through anchored full range of motion dynamic moves which incorporates tai chi and yoga. Everyone leaves with a smile. **L2**

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**

HYDROYOGA: The water provides the perfect environment to reap the benefits of yoga. As you power through the moves you will strengthen, tone and stretch, while rejuvenating your entire body. This experience is a must! **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**

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**

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

