

Group Fitness WATER CLASS Descriptions

AQUA 4 ENERGY (Lap Pool) This class is designed for members new to fitness that need a low impact water workout. It is for all fitness levels and includes cardiovascular exercise, strengthening, stretching and balance work for a total body workout.

HYDRO CORE (Aqua Track): This class is excellent for those individuals with back discomfort. The exercises are low impact and designed to strengthen the muscles around the back.

H₂O BURN (Lap Pool): Total water workout to burn fat by doing cardio movements with weights and equipment. This is an excellent class for all fitness levels wanting to burn calories.

HYDRO INTERVAL (Aqua Track) Total water workout of cardio, strength, and flexibility exercises in the Aqua Track.

WATER 4 LIFE (Aqua Track): This “no current” class focuses on range of motion exercises and stretches, along with balance and easing joint pain. It offers a zero impact workout suitable for people with arthritis, fibromyalgia, bursitis and joint replacement.

H₂O STRENGTH (Lap Pool): This class is programmed at a lesser intensity than H₂O Interval. The goal is to complete strength exercises that target your body’s overall strength, fitness, balance, coordination and cardiovascular health.

H₂O INTERVAL (Lap Pool): This class is an intense and dynamic workout that challenges and improves total body strength, fitness, balance, endurance, coordination and cardiovascular health.

H₂O INTERVAL 60: Adds an additional 15-minutes of intervals to target core-specific strengthening exercises.

AQUATIC WORKSHOPS AND SERIES

Workshops and series go beyond the regularly scheduled group fitness classes and are programmed specifically to meet stated goals. Participants can expect a progression of movements from one class to the next, using a variety of equipment. Seasonal series may include, but are not be limited to:

AQUA ZUMBA®: Take the Zumba party to the water! Make a splash with this low impact, joint-supported, high energy, total-body water fitness experience.

TAI CHI TIDE: A “no current” class format incorporating gentle and fluid Tai chi movements at a slow tempo. Mind-body movement patterns are taught in water. Tai Chi Tide can help increase balance, concentration, and coordination; also beneficial for individuals with arthritis, Parkinson's, MS, and ALS.

H₂O BOOT CAMP: Held in both the deep end of the outdoor pool, land and indoor pool, this class is a full body workout. Participants may experience kickboxing, HIIT training, circuits and other interval training. Use different types of equipment to keep you suspended off the pool bottom, to chance and increase strength and endurance. This class is appropriate for all fitness levels.

WATER NIA: A sensory-based dance movement practice that draws from self-expression, martial, dance and healing arts. It promotes fitness-dance movement with mindfulness, giving participants a dynamic cardiovascular workout for the total body. When added to water, joints are supported, while strength and endurance are enhanced.