

AQUA Class Descriptions

Aqua II - These classes incorporate a wide variety of class formats (aerobic to toning), with or without water equipment (resistance cuffs, noodles, etc.) and a range from shallow to deep water.

Aqua Bootcamp - Aqua Bootcamp class provides both whole group and circuit formats. Exercises are performed with a high level of effort and intensity using interval training and the popular **TABATA** technique. This class targets cardiovascular and muscle conditioning while in an aquatic environment.

Aqua Dance - Have fun working out in the pool while dancing to various genres of music such as Polka, Country, Latin, Oldies and much more.

Aqua Pilates - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

Aqua Tone - A well-rounded, muscle toning workout using water resistance equipment such as noodles, paddles, kick boards and hand buoys as well as the natural resistance provided by the water. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

Aqua Yoga - This class is designed to relax, stretch and calm. Move through various yoga poses that increase flexibility. All poses will be adapted for the water.

Deep Water - A GREAT non-impact aerobics class using water equipment such as noodles, buoyancy belts and resistance cuffs. Buoyancy belts provided. No swimming skills required.

FUNctional Flow - This class will focus on improving balance, agility, coordination, strength, flexibility and endurance which will help you function effectively and efficiently throughout each day.

Gentle Joints - This warm water class is perfect for individuals looking to improve their strength and flexibility using the water's buoyancy properties.

Gentle Tone - A perfect place to start in the water. This warm water joint-friendly class is perfect for individuals looking to improve their flexibility and strength. Water resistance equipment such as noodles and hand buoys can be used for muscle toning exercises.

Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:

1. Single class with less than two participants will be determined by Instructor.
2. Classes with less than five participants over a three month period may be cancelled until further notice.