

AQUA CLASS DESCRIPTIONS

Aqua Zumba – Dance class in the water with an international music theme

Aqua Yoga – A class to enhance your balance and find relaxation. Yoga practiced in the water helps to improve strength, enhance flexibility, and increase stability. This class is held in the therapy pool.

Aqua Arthritis – A class to increase your range of motion, flexibility, muscle strength and cardiovascular health through joint protected exercises. Great for everyone even if you do not have arthritis. Class held in the therapy pool.

Deep Water Workout – A 45-minute non-impact workout in the deep end without stress to the joints. Swimming is not required. Class could consist of running, skiing, relays and more.

Total Water Workout – This is a class designed to give an individual a non-stop cardiovascular workout. The body will be in constant motion. Great for everyone!