



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS

ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

ACTIVE FOR LIFE: low intensity- This class provides exercises for those who experience joint pain and stiffness. The exercises provide gentle range of motion to help with joint mobility.

T & Th 9:45-10:30 am & M W F 1:45-2:30

AQUACISE : low intensity – This shallow water class provides gentle range of motion exercises that improves cardiovascular health, muscle endurance, and joint mobility.

M-F 9-9:45 am, T & Th 1-1:45 pm

AQUA ZUMBA: mid intensity – Elevate your heart-rate by “shaking it” in the water to some great tunes.

M,T & W 6-6:45 am, M 5:30-6:15 pm, W 6:15-7:00 pm

H2O FIT: mid-high intensity. This class will get your heart pumping and your body moving!!

Sat 9-10 am

RISE & SHINE: mid intensity- This class features both shallow and deep water exercises that incorporates muscle toning, endurance and cardiovascular exercises. This class will get your day started off swimmingly!

M-F 7-8 am

SMILE-N-BREATHE: mid-high intensity – This class features both shallow and deep water exercises that will give you a total body workout. This class will help give you great cardiovascular, strength, and endurance. We’ll make sure you’re smiling throughout your entire workout!

M W F 9-10 am

H2O CIRCUIT: mid-high intensity – Strengthen & tone while you get a heart-pumping cardio workout at your own pace in all depth of the pool!

W 5:30-6:30 pm

WATER WORKS: mid intensity- This class features both shallow and deep water exercises that will help with strength, endurance, and cardiovascular health. Let our instructors show you how much fun exercising can be!

T & Th 5:30-6:15 pm