

## **WATER CLASS DESCRIPTIONS**

### **Cardio & Sculpt**

This is a calorie burning cardio class combined with sculpting. Begins with a warm-up, followed by a 30 minute cardio portion and ending with a sculpting segment. (55 minutes)

### **Cardio-Blast**

This multi-level class is jam packed with great cardio and strength exercises. Join us for this fantastic workout. (55 minutes)

### **Cardio-Tone**

A high energy workout designed to tone those problem areas, tighten and define both upper and lower body. (55 minutes)

### **Joint Action**

This class is designed to improve balance, strength, joint mobility and coordination. The main objectives are to reduce the risk of falling, improve posture, strengthen bones and enhance the quality of life. Great for participants who have a limited range of motion and desire a slight cardio workout. (55 minutes)

### **Level Classes**

Water aerobics incorporating a fun variety of high and low intensities, equipment and combination.

Level I/II Beginning/Intermediate

30-35 minutes of cardio

Level II Intermediate / 35 minutes of cardio

Level II/III Advanced / 45 minutes of cardio  
(55 minutes)

### **Pilates**

The Pilates Method is a unique approach to exercise that improves core strength, flexibility and range of motion. Takes these original Pilates exercises to the next level by doing them in the water. (30 minutes)

### **Tai Chi**

Tai Chi is a meditative exercise for the mind and body fostering a calm and tranquil mind through the precise execution of Tai Chi postures and in our version, all done in the water. Tai Chi is "meditation in motion." Tai Chi improves balance, body alignment, and motor control. The goal of Tai Chi is to achieve balance in all aspects of life. (30 minutes)

### **Rusty Hinges**

This class is sanctioned by the National Arthritis Foundation and is taught by a NAFAP certified instructor. Good for all levels including those with fibromyalgia, expectant mothers, post surgery and special populations. (45-55 minutes)

### **Water, Walk and Tone**

Walk your way to fitness using low impact walking movements using for the upper and lower body to keep your heart rate in the fat burning zone. Great for all levels. (55 minutes)

### **Water Volleyball**

We take the beach volleyball craze into the pool! A great class for those experienced in or new to the game. Great for everyone. All fitness levels welcome!

## **\*Fee Class Descriptions**

### **Water Bootcamp**

This 6 week program offers fitness instruction, nutritional counseling and motivational training packed with fun and energizing activities designed to help you reach your fitness goals, increase energy and lose weight & inches. (55 minutes)

**INSTRUCTORS WILL GIVE MODIFICATIONS FOR ALL LEVELS. ALWAYS WORK AT YOUR OWN PACE AND MODIFY EXERCISES WHEN NEEDED. PLEASE ASK QUESTIONS WHEN IN DOUBT AND INFORM INSTRUCTOR OF ANY SPECIAL NEEDS OR CONCERNS. WE ARE HERE TO HELP.**