

# AQUAFITNESS CLASS DESCRIPTIONS

September 16 – March 29, 2020

<b>Class</b>	<b>Description</b>
Aqua Cycle	Enjoy a unique cardio class using our aqua cycles. Low impact and challenging and of course fun (Lap Pool).
Aquafit	Muscular conditioning/cardio using equipment (Deep and Shallow end of Lap pool)
Aqua Stretch and Strengthen	Regain and maintain strength, flexibility and balance. (Therapy Pool)
Aquafit Deep Water	Muscular conditioning/cardio using equipment. (Deep end of Lap pool, Music Free)
Aqua Surf & Turf	Start your workout on deck and finish in the water. (Lap Pool).
Aqua Yoga	A stronger mind, body & spirit through water based yoga. Restorative and therapeutic (Therapy Pool)
Aquafit Shallow	Muscular conditioning/cardio mixed with equipment. (Shallow end of Lap Pool)
Aqua Cycle Step NEW	Enjoy a unique cardio class using our aqua cycles and aquatic steps for low impact fun and variety (Lap Pool).

 **\*Cycling classes:** call 24 hours in advance to reserve a bike. Clean indoor shoes to be worn in the water.

\* **Baby Boats:** available for every Aquafit class, you work out with your baby floating beside you!