

# AQUAFITNESS CLASS DESCRIPTIONS

<b>Class</b>	<b>Description</b>
Aqua Cycle	Enjoy a unique cardio class using our aqua cycles. Lap Pool.
Aquafit	Muscular conditioning and cardio using equipment. Lap Pool.
Aqua Stretch & Strengthen	Regain and maintain strength, flexibility and balance. Therapy Pool/Lap Pool.
Aqua Zumba	A fun cardio workout with salsa, merengue and hip hop moves. Lap Pool. 2 Lanes.
Aquafit Deep Water	A music free, challenging cardio class using the deep end. Lap Pool.
Aqua Surf & Turf	Start your workout on deck and finish in the water. Lap Pool.
Aqua Yoga	A stronger mind, body and spirit through water-based yoga. Therapy 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!