

Aqua Fitness Class Descriptions

Aquafit

Muscular conditioning and cardio using equipment. Choose the level of intensity that suits. Shallow End only classes are indicated. Classes listed as 'Aquafit' are in both shallow and deep water. (Lap Pool).

Aqua Boot Camp

A high intensity full body workout using swimming, aquafit, running and cycling.

Aqua Cycle

Low Impact and challenging, chose your own intensity level. Using in water bicycles, follow the instructor through different movements. Work gently or aggressively (Lap Pool).

Aqua Stretch and Strengthen

Ideal for participants with joint ailments, movement disorders or those recovering from injuries. In warm water, this low impact class will help to regain strength, flexibility and balance. (Therapy Pool).

Aqua Surf & Turf

Enjoy the benefits of land and water in this class where you start your workout on deck with body weight and stability exercises. Finish in the water with muscular conditioning and cardio (Lap Pool).

Aqua Yoga

Create a stronger mind body and spirit through yoga in a shallow warm water pool. (Therapy Pool).

Deep Water Aquafit

A full body low impact muscular conditioning and cardio using equipment in the deep end of the pool (Lap Pool).

Warm Water Recovery

Designed for recovering individuals beginning their healing process. An instructor is available to provide instructions to work on, based on specific needs.

Aqua Pilates

A full body strengthening class focusing on core exercises and controlled movements. (Therapy Pool).

Land Fitness Class Descriptions

Ab Blast

Target your abs, back and mid-riff which will tone muscles, decrease back pain and improve posture.

Cycle Fit

A cardio workout with varying speeds and resistance levels to provide a different 'ride' every time.

Cycle Max

Challenging cycle cardio class with a core workout at the end.

Empower Yoga

Athletic poses in gentle flow to strengthen posture. Find your inner peace as you perform deep breathing exercise's intermixed with power yoga poses.

Fit Fix

Light resistance training and varied equipment allow self challenge. Do circuits of high intensity designed to increase your strength and cardio followed by more restful activity.

MoFit

Cardio and Strength to get you moving in the morning. Focus on exercises that are challenging, safe and functional. Class may include equipment such as dumbbells, bars, plates, steps etc.

Motiv8

Start your week off right with this total body conditioning class. Using a combination of cardio and strength training exercises, our motivating instructor will help Mot-iv-8 you!

Strength and Resistance

Resistance training using a combination of free weights and body weight exercises.

Yoga

Improve balance and strength while reducing stress. Breathe and stretch your way to greater harmony and energy while aligning your body and deepen your inner peace and energy.

Fun n Fit

A combination of strength and endurance exercises for fit older adults wanting to maintain their strength and mobility while having fun.

45 Min Stretch

Gentle standing or mat stretches to increase your flexibility with many modifications offered to ensure everyone can participate.