

AQUA FITNESS CLASS DESCRIPTIONS



LOW INTENSITY



Aqua Arthritis follows the Arthritis Foundation Aquatic Program, providing exercises that have been scientifically evaluated and specific for those with arthritis and related diseases. Participants may improve range of motion, muscular strength and endurance, and balance control.



Aqua Yoga is a gentle, low-impact exercise class that adapts traditional yoga movements to a shallow-water environment.



Stretch and Strength is a fun form of exercising FOR ALL. You can catch this morning class in the Family Pool. Bring a friend to join the fun!!

MODERATE INTENSITY



If you enjoy walking and want variety, try water walking. This low-impact exercise is easier on joints, burns calories, and builds strength due to water resistance. No swimming experience is needed, and aqua fitness shoes are recommended but optional.



Aqua Zumba® merges traditional aspects of aqua fitness classes—like jumping jacks and cross-country skiing—with the lively, Latin-inspired dance moves and music that Zumba® fitness is renowned for.



Y Waves is a low to moderate intensity class that promotes a healthy lifestyle through exercises improving cardio endurance, muscular strength, balance, and coordination.



Water In Motion is a fun group aqua class that tones and tapers the entire body. Participants of all ages, skills, and fitness levels enjoy this moderate impact, lively water workout.



Mix fun, familiar music, movement, and rhythm, with water and what do you get... an exciting aqua fitness class! This class aims at cardiovascular endurance, muscle toning, and a lot of fun. No dance partner needed.

MODERATE TO HIGH INTENSITY



Bodies will be sculpted and heart rates elevated in fun classes featuring powerful moves from Core & More, Aqua HIIT, and Y Waves. Utilizing water's natural resistance, these movements can be performed with or without provided equipment. Aqua shoes are recommended but not required.



New Aquatic Format! Blend combat techniques (think punching, kicking, boxing) with Aquatic HIIT moves. SuPeR FiT FuN! Aqua shoes recommended, but not required.



Looking for a fun and exhilarating high-intensity class? This is it! Designed for a healthier active you; strengthening core, building endurance, & sculpting your body! Aqua shoes recommended, but not required.

HIGH INTENSITY



This hi-energy, no-impact, athletic approach to fitness will challenge you in a good way. Dynamic fast-paced circuits, hi-intensity interval sets, and lively music will give you a total body workout. Floatation belts provided or bring your own.



Like early morning high-intensity work-outs? Each class begins with active warm up; proceeds through fun, fast-paced circuits, interval set sets, and strength training exercises for a total-body workout.



This class elevates workouts by transforming the pool into exercise stations focusing on strength, endurance, mobility, core strength, and balance. Aqua fitness shoes are recommended but not mandatory.

All aqua fitness classes can be modified to all levels and intensities from beginner to expert.
CLASS DESCRIPTIONS UPDATED JUNE 2025

