



AQUA FITNESS CLASS DESCRIPTIONS



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, balance control, and enjoy socializing.



Aqua Barre brings the popular Barre fitness format to the pool. With a pool noodle as a ballet barre for stability and using the water's resistance and buoyancy, you will work through ultra-low-impact movements without stress to muscles and joints to improve balance, coordination, stability, strength, and overall function.



Aqua Blast is meant for a wide variety of fitness fans. Do you simply want to start a workout regimen for the first time? Are you a land-based exerciser looking to cross-train in a lower impact environment while maintaining a high-intensity workout?



Expect the unexpected in this 30-minute aqua fitness class. Come ready to sweat and prepare to leave feeling strong. Finish your day the Y way!



Our morning aquatic class is a moderate to high-intensity class. Bodies will be sculpted! Each class, providing a variety of powerful moves, utilizing the water's natural resistance, WILL get your heart rate up, improving cardiovascular conditioning! Exercising in waist-to-chest depth of water, is a fun and safe way to promote core stability and improved balance.



Like high-intensity work-outs? Come and join this shallow water class. Each class begins with active warm up; proceeds through fun, fast-paced circuits, Tabata sets, and strength training exercises for a total-body workout. All classes end warming down and stretching out.



Tai Chi for All incorporates the principles of balance, strength, and breathing practice to offer participants the opportunity to focus on health, relaxation, and overall well-being.



Aqua Yoga is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and very low impact aquatic activity.



This hi-energy, no-impact, athletic approach to fitness will challenge you in a good way. Dynamic fast-paced circuits, Tabata sets, and lively music will get your heart rate up with this total body workout. Floatation belts provided or bring your own.



Gentle exercises to help participants improve range of motion, muscular strength and endurance, balance control, and enjoy socializing.



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



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Mix high-energy music + movement and rhythm with water and what do you get... an explosive and exciting aqua fitness class! This class aims at cardiovascular endurance plus strengthening and toning muscles. No dance partner needed.



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



Y Waves is a low to moderate intensity class. This fun class will make the difference between staying active and hardly moving. Various exercises will be offered to develop cardio-endurance and muscular strength, balance and coordination, encouraging and promoting a healthy lifestyle.