

WATER FITNESS CLASS DESCRIPTIONS

REC CENTER	DESCRIPTION
AQUA FIT	Aqua-Fit is a fun, high intensity with low impact water work out that combines cardio, core, balance and strength training. This is an interval style class with a proper warm up and cool down. Props are used at the instructor's discretion. Membership or daily admission required for class entry.
AQUA KICKBOXING	Designed for all levels of fitness and involves powerful boxing and kicking movements in the water. Fantastic ab workout, great cross-training and big calorie burn without the impact.
AQUA SENIOR WELLNESS	Free for Senior Pass Holders. Must check-in at the community desk for access. Appropriate for all fitness levels, this water fitness class will enhance your strength, flexibility, and endurance. Class participation requires an annual senior pass or purchase of a community day pass.
AQUA ZUMBA & OUTDOOR AQUA ZUMBA	Zumba Fitness has taken the winning formula of Latin and international music beats for dance exercise and integrated them in a waterbased workout. This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints Water creates natural resistance, which means every step is more challenging and helps tone your muscles. The typical land-based Zumba dance steps, such as cha-cha, merengue, salsa, reggaeton and mambo, need to be more exaggerated and slower in the water, so the water tempo is half the land tempo. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss.
DEEP WATER	This is a full body workout, a combination of cardio respiratory, muscle conditioning, and interval training. Conducted in the deep end, participants can increase range of motion using non-impact movements. Flotation belts are provided.
MASTERS SWIM	An adult style swim team for competitive and noncompetitive swimmers, triathletes, and fitness swimmers of all levels instructed by a qualified coach. This program is designed to help swimmers improve fitness and/or train for specific goals.
SENIOR WATER AEROBICS	A beginner to intermediate level class catering to participants 50+. This class utilizes different exercises and routines coupled with mild aerobics, all at the pace and comfort level of each individual. Water aerobics improves flexivbility, strenthens muscles, improves balance and coordination. This is for participants with mild arthritis or returning from minor injuries. This is a great place to start with aquatic fitness if over the age of 50!
SHALLOW WATER AEROBICS	This class is conducted in the shallow end of the pool and swimming ability is not required. This class utilizes different exercises and routines coupled with mild aerobics, all at the pace and comfort level of each individual. Water aerobics improves flexivbility, strenthens muscles, improves balance and coordination.
WATER NINJA	A high energy aqua workout, targeting all the major muscles using the water's resistance to challenge all levels. This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells (buoys). Methods of interval training focuses primarily on cardio and strength. It begins with a warm-up then moves to a power aqua endurance and interval training for 30-40 minutes, followed by strength and core exercises, finishing with a relaxing cool down. This is a great non-impact workout that can be done in deep or shallow water. All skill levels welcome.
WATER YOGA	Aqua Yoga helps take advantage of buoyancy of the water to practice traditional yoga moves along with some water specific exercises. Building a strong core and better balance will be emphasized in this class.