January 2021
Saturday Aqua Shake Up

January 2

9am Aqua Zumba® - Melissa

January 9

9am Aqua Zumba® - Melissa

January 16

9am Aqua Fit - Amanda

January 23

9am Aqua Fit – Amanda

January 30

NO CLASS

Aquatic Class Descriptions 2021
Water shoes are recommended but not required
*BRING A WATER BOTTLE TO STAY HYDRATED DURING AQUA EXERCISE CLASSES!

Aqua Arthritis - The Arthritis Foundation Aquatics class is designed for those who have been diagnosed with Arthritis, or anyone that is experiencing aches and pains in their muscles and joints. This class is designed without the stress of other alternatives, such as land exercise. The ability to swim is not required. Instructor will match routines to each individual fitness level.

Aqua Boot Camp - Splash your way to an intense full body workout that will tone your muscles and increase your cardio endurance. This is a high intensity strength and cardio class that is easy on the joints because it is held in the pool. No swimming skills required.

Aqua Fit - This class is designed for those who want a whole body aerobic and strength training workout without strain on your joints and back. Water aerobics is a great combination of fun and exercise. Exercises will be modified depending on your level of fitness. No swimming ability is required.

Aqua Flex and Stretch - A total body workout in the pool. Strengthen muscles, strengthen your core, improve balance and flexibility all in one fun hour! Emphasis on proper form will make the best use of your time. No swimming skills required.

Aqua Zumba® - The Aqua Zumba® program gives new meaning to an invigorating workout. Splashing, stretching, twisting, shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. ZUMBA® Make a splash! Bring the Party to the Pool!

Splash Fit - Splash Fit offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Aquatic fitness tools are used to develop strength, balance and coordination. No swimming ability is required.