

Aqua Class Descriptions

Aqua Challenge: A structured aquatics workout for experienced participants.

Aqua Fitness: A moderate level fitness program for those who cannot physically tolerate traditional floor exercise or who prefer water exercise.

Aqua Mix: An all levels workout that focuses on muscle strengthening and endurance. Exercises may vary based on the choice of instructor and requests of participants.

Aqua Strength: A class for everyone to move and improve muscle strength in a fun group setting.

Arthritis Foundation Aquatic Program: Offered in cooperation with the Arthritis Foundation. The program focuses on range of motion activities. All classes are conducted in shallow water and taught by a certified instructor.

Aqua Zumba: combines the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music that Zumba is famous for.