

Aqua Class Descriptions

Aqua Blast: Jump into this fun class for all levels. Enjoy a total body workout with strength, stretching, and balance using a variety of equipment and movement combinations. Class is taught in shallow end.

Aqua Challenge: Immerse yourself in an energizing aquatic workout crafted for seasoned swimmers. Challenge your stamina and build your strength in shallow water. Finish class with invigorating ab exercises in the deep end.

Aqua Fitness: An all-levels workout that focuses on muscle strengthening and endurance. Exercises may vary based on the choice of instructor and requests of participants. Class is taught in shallow end and deep end.

Aqua Gym: Move to the beat as the instructor guides you through dynamic routines in the pool, keeping you active, motivated, and refreshed. Class is taught in shallow end.

Aqua Mix: Enjoy a blend of exercises that provide an inviting alternative to traditional land exercises. Perfect for anyone seeking a supportive and enjoyable workout. Class is taught in shallow end.

Aqua Recess: You won't even realize it's a workout! This class uses bodyweight exercise, noodles, and water dumbbells combined with a "splash" of kickboxing combos. Class is taught in the shallow end and the deep end.

Aqua Strength: Boost muscle strength in an engaging group setting. Enjoy a great workout while connecting with others. Class is taught in shallow end.

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: Dance your heart out! Combine the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music that Zumba is famous for. Class is taught in shallow end.

REGISTRATION SCHEDULE (FOR CLASSES WHICH REQUIRE IT)

| Class | Day/Time | Registration Opens | Registration Closes |
|------------|------------------|---------------------|----------------------|
| Aqua Zumba | 9 am Mon Dec 16 | 9:30 am Wed Dec 12 | 11:30 pm Sun Dec 15 |
| Aqua Blast | 10 am Mon Dec 16 | 9:30 am Wed Dec 12 | 11:30 pm Sun Dec 15 |
| Aqua Blast | 10 am Wed Dec 18 | 10:30 am Mon Dec 16 | 11:30 pm Tues Dec 17 |
| Aqua Zumba | 9 am Mon Dec 23 | 9:30 am Mon Dec 16 | 11:30 pm Sun Dec 22 |
| Aqua Blast | 10 am Mon Dec 23 | 10:30 am Wed Dec 18 | 11:30 pm Sun Dec 22 |
| Aqua Zumba | 9 am Mon Dec 30 | 9:30 am Mon Dec 23 | 11:30 pm Sun Dec 29 |
| Aqua Blast | 10 am Mon Dec 30 | 10:30 am Mon Dec 23 | 11:30 pm Sun Dec 29 |