

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 the requests of participants. Class is taught in shallow and deep ends.

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 and deep ends.

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 exercises for range of motion. Class is taught in shallow end 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.

S'WET: A high-intensity, low-impact aquatic fitness program combining cardio, strength, and resistance training, often incorporating equipment from the swim world and HIIT for a challenging and fun workout.

Register for Classes

The following classes require registration:

Monday 9 am Aqua Zumba

Monday 10 am Aqua Blast

Wednesday 10 am Aqua Blast

Members can sign up for these classes through the front desk, Daxko app, or through our website on the "schedules" page. Registration is only available to The Greater Lowell Family YMCA members. Guests and nationwide users can access our aqua classes which don't require registration.