

Aquatic Class Descriptions

Warm Water Pool

Ai Chi: Gentle, relaxing water movement practice with the same benefits as other mind-body classes. Located in the Warm Water pool/shallow.

Aquacise: Low-impact class emphasizes toning, stretching, and cardiovascular conditioning in the Warm Water pool/shallow.

Aqua S.M.I.L.E.: Slower Moves, Impact Lowered Exercise in the pool provides a fun yet challenging workout. Located in the Warm Water pool/shallow.

Fluid Moves: Energize and tone your entire body with movements based on a variety of disciplines: Yoga, Pilates, Ai Chi, Dance and more. Located in the Warm Water pool/shallow.

25 Meter Lap Pool

Aquabatas: Using the Tabata method for training (4-minute segments 20-second high intensity exercise followed by 10-second recovery) this class will take your shallow end workout to new heights. Located in the Lap Pool/shallow.

Classes held in both pools, see schedule for days of the week

Cardio Abs "Deep": Go back to the Core and learn the latest innovations in the deep: Combines deep water cardio moves and abdominal techniques. This class is taught in both the lap pool and Warm Water pool depending on the day of the week.

"Deeply Fit": Open for beginners and athletes to take the plunge. Deep-water exercise that travels throughout the pool is guaranteed to challenge your body, your core and your stamina. This class is taught in both the lap pool and Warm Water pool depending on the day of the week.