



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Exercise Class Descriptions

Schedule subject to change. Classes that routinely have six or less participants will be canceled.

Schedule also available on the Y app

****The ability to swim is not necessary for water fitness classes****

Aqua Chi: This class will leave you feeling relaxed! Stretching, breathing, relaxation and balancing skills are practiced in a quiet environment. ***There are no weights used in this class.**

Aqua Fit: This is a gentle, low impact class in the shallow water. The water reduces impact on the joints and supports the body making it a perfect environment for those with injuries or limitations.

Aqua Gold: Uses the properties of water resistance while minimizing the impact on the joints. This class is low to moderate intensity and helps to improve strength,

mobility, flexibility and endurance.

Aqua Zen Toning: Much like Chi this class will leave you feeling relaxed and rejuvenated! Stretching, breathing, relaxation and balancing skills are practiced in a quiet environment with some toning aspects. This class may use water weights.

Aqua Zumba: Have fun blending the Zumba philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints so you can really let loose. Water creates a natural resistance, causing every step to be more challenging. ***There are no weights used in this class.**

Balance & Toning: This is a very low intensity class

designed to improve balance, flexibility, mobility and strengthen the core stabilizer muscles. In doing so you are toning your muscles using the surrounding water resistance, low weights and noodles.

Deep Water Fitness: This class offers exercises in deep water! Participants with not be able to touch and flotation belts are used. There is no impact on the joints making it perfect environment for those with injuries or limitations.

H2O Fitness: This is a shallow water cardiovascular workout. It is intended to be a moderate intensity class by increasing the heartrate and burn calories.

Joints'n'Motion: This class is designed to provide an

opportunity to those who have arthritis to participate in recreational group activity. The water provides added buoyancy to help support joints, decrease pain and/or stiffness and can help improve and maintain joint flexibility. ***There are no weights used in this class.**

Power Splash: This class uses the natural resistance and buoyancy of water against the body and water weights to provide a wide variety of conditioning activity. This is a moderate to high intensity class designed to work the whole body.

Rapid Liquid Cardio: This is a high intensity class created to get your heart rate up. It is a great cardiovascular and

strength conditioning class with the added benefit of low impact water resistance.

T-AQUA-ta: Is designed to be a timed interval Aqua Fitness Tabata class. You will keep moving and burning calories in a low impact environment.