

Water Class Definition's:

Water Aerobics: The aqua aerobics class will provide a great low-impact cardio workout as well as strength and toning using aqua dumbbells, aqua noodles, and a variety of various equipment.

Aqua Yoga: Aqua Yoga is a low impact class about stretching, balance and core strength. Some of the poses are traditional yoga poses, some are traditional poses with a twist. We also incorporate a little Pilates, and a few original exercises. We use aqua noodles to add resistance, help with balance, or give floatation. We will work on breathing, balance and relaxation.

Anchored Down: A low to mid impact class which assists with gaining range of motion, strength and power. Work with equipment and water resistance for this mid-level class.

SilverSneakers® Splash: In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.