

30 MINUTE CARDIO AND CORE: Deep -Don't have time to work out for a full hour? This short, high intensity class condenses an hour of workout into just 30 minutes. High intensity cardio intervals are interspersed with core training for cardiovascular benefits and total body toning. Fun motivating music helps to increase the intensity of this shortened workout. Please arrive on time for 30 minutes of high intensity fun!

AQUA FIT: Deep & Shallow -We will use the water's natural resistance to boost our strength, balance, and cardio fitness. This class is beneficial to all ages and abilities.

AQUA KICKBOXING: Shallow -Turn up the fun in your workout with a round-house kick and a punch! Enjoy the benefits of cardio and strengthening with this kickboxing style workout!

AQUA TONE: Deep -A high-level deep-water class that incorporates cardiovascular fitness, core strengthening and of course toning those muscles!

AQUA ZUMBA: Shallow -Spice up your dance moves and feel the rhythm of ZUMBA in the water! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe and challenging water-based workout; that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief!

BODY SCULPTING: Shallow -Explore another level of training using a variety of equipment including resistance bands, aqua bells, noodles, hand-buoys, and balls in this full body workout.

CARDIO ENDURANCE: Deep -This class has an emphasis on cardiovascular conditioning. We utilize swimming skills, coordination enhancing exercises, muscle memory and enough cardio to boost your levels. We end this class with toning exercises and stretches, for a full body workout. Bring your water and let's go to work!

CIRCUIT TRAINING: Deep & Shallow -This combination of cardio and strength training makes for a challenging workout in the water. Participants progress through a series of stations for a total body workout.

DEEP POWER: Deep -Are you ready to rev up that cardio workout in the deep water? Then add water- resisted power moves to bring up that heart rate and work your muscles. This workout will challenge your core muscles and cardio abilities. All levels of abilities are welcome and will find a workout that will fit your needs.

FLOAT FIT: Shallow -A fun, full-body workout performed on a stand-up paddleboard designed specifically for water fitness. This class combines balance, core strength, and functional exercises while floating on a tethered paddleboard. Perfect for building stability, endurance, and mindfulness.

FUN FITNESS: Shallow -This energetic class will make you smile and get you moving! Designed for all ages and fitness levels, the class utilizes various types of aqua equipment to enhance the workout. Come have some fun in the water at the end of the day!

GO THE DISTANCE: Deep -Suspended in deep water; this class can help you increase your endurance, balance, and muscles. You will be encouraged to try new exercises that challenge your core. Our work is "play" because of the water!

INTERVAL TRAINING: Deep -One of the best ways to exercise and change-up your routine is with intervals! We use a variety of interval formats; including Tabata's, Pyramid's, and HIIT to rev up your system, burn calories, and provide a complete workout. Deep water allows for zero impact, making it perfect for those with joint issues.

POWER AQUATICS: Shallow -This class has an emphasis on cardiovascular conditioning while encouraging physical fitness growth. Our philosophy is that everyone can improve their fitness. The class utilizes hand buoys, and other water equipment for a rewarding aerobic workout.

POWER AQUATICS: Deep - Suspended in the deep water, this class is excellent for strengthening the core muscles. The deep water puts less pressure on the body, so it is especially helpful for anyone with knee, back or hip problems. The class utilizes kickboards and noodles for a rewarding aerobic workout.

PUSH IT!: Shallow -Designed for all ages and every fitness level who want to work hard and stay fit. The class focuses on the three components of exercise fitness: cardio, strength and endurance, while also improving flexibility!

SILVER SNEAKERS SPLASH: Shallow -A fun, shallow-water exercise class that uses a signature splashboard to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. This class takes advantage of the many benefits that the pool provides when used for aerobic exercise and resistance training.

STRENGTH AND TONE: Shallow -This class focuses on balance, strength training and coordination challenges with functional body movements. The cardio training pace is set a little slower, while the emphasis is on working through all the joints and muscles on your body. You will have fun while working on balance, coordination and strengthening your muscles and joints.

T-N-T (TABATTAS AND TONE): Shallow -This tabata format will combine high intensity moves for 20 seconds followed by low intensity moves for 10 seconds, which is repeated throughout the class. Cardio and resistance training will also use the 20/10 Tabata format. Equipment to be used will include Aqua Bells and noodles, to target each muscle grouping.

X-CHALLENGE: Shallow – An unexpectedly fun and challenging workout for all levels that works the entire body. Come join the fun!