



**Wearing water shoes is highly recommended for all shallow water classes.**

#### **AQUA MED/MS +**

Taught by instructors who have completed the National MS Society training for fitness professionals, this class can be an excellent resource for those who may have Parkinson's, Fibromyalgia, MS or are managing other chronic conditions.

#### **AQUA YOGA +**

Improve flexibility, strength, balance, and range of motion, while relieving tension, stress and anxiety. Experience a therapeutic, mindful way to restore and recharge the body. All levels welcome!

#### **BALANCE AND MOBILITY +**

Looking for a low impact workout that will improve balance, mobility, coordination and strength. A variety of movements will be used to improve overall mobility & strengthen muscles to perform activities of daily living more easily. This class is perfect for those who struggle with walking independently.

#### **H2OPE +**

H2OPE-is a fun, community outreach aquatic fitness program for those with special needs. Caregivers will get in the water for the first class. It will be up to the discretion of the instructor if the caregiver needs to be in the water for every session. H2OPE provides an alternatively recreational activity to help meet physical, cognitive and psychosocial needs. The class emphasis is on providing a basic water safety, exercise and games in a fun and non-competitive experience to improve physical and mental health.

#### **WATER FLOW +**

This class combines the benefits of Ai Chi, Yoga and Pilates utilizing the constant resistance of water in these fluid movements to focus on building strength, balance & flexibility

#### **AQUA FIT ++**

This class is designed to improve flexibility, range of motion, strength, and cardiovascular endurance while using the resistance of the water to cushion the joints.

#### **AQUA HIIT ++**

High intensity interval training brings your cardiovascular fitness and strength to new levels. This class is a full body workout with a strong emphasis on core stabilization through a variety of workout styles; to include Tabata, kickboxing styles, aqua running and more.

#### **AQUA SCULPT ++**

This is a fun, steady paced endurance workout that combines a variety of equipment; as well as core, balance and muscle strengthening movements for a well-rounded fitness workout.

#### **AQUA DANCE ++**

Take the fun, dance style workout from Zumba, to the pool. This is an active, cardio workout with the steady resistance of water to keep your muscles active with every move.

#### **DEEP WATER FREESTYLE ++**

Deep Water Freestyle uses various formats of interval training, circuit training, water boxing, and toning. This is a complete workout that kicks it up a notch. Great class for those new to deep water!

#### **DEEP WATER RUNNING ++**

Tired of pounding the pavement? Take the stress off your legs and come run in the water! This class will take you through both high and low cadence deep water running. With no impact on your joints this is a perfect way to cross train for your next road race. Great for first timers!

#### **H2O MASH UP ++**

Whole body fitness that keeps your body guessing; to increase strength, flexibility and endurance, while your mind is strengthened and engaged with circuit training, intervals, core, strength training and more.

#### **RIVER FIT ++**

Improve your balance, strength and cardio fitness by exercising with and against the current, utilizing a variety of aquatic exercise equipment.

#### **S'WET TOTAL BODY ++**

Structured Water Exercise Training for the entire body. Off load the joints in the deep water while pushing yourself with high intensity intervals, cardio that takes it to the next level, and strength training to target the entire body in one workout. Get the heart pumping and the muscles burning with the added core training of the deep water.

#### **SWIM 2.0 ++**

Swim 2.0 brings together the benefits of swimming and water aerobics for a full body sculpting and cardio workout. Come prepared to swim and cross train; to build swim endurance, learn technique for swim efficiency and strengthen your whole body through this dynamic water workout.

#### **WATER DANCE ++**

This is a class for those who want to rejuvenate your soul and body; come join us for full body conditioning and toning, focusing on posture, range of motion and balance, while moving to music.

#### **AQUA ATHLETES +++**

This full body water-based workout is designed to take your athletic ability to the next level. Athletes, from any sport, will improve cardiovascular fitness, strength and range of motion.

#### **AQUA BOOT CAMP +++**

This high intensity class will definitely get your heart rate up! High intensity cardio and resistance training will push you to your limits and help improve your cardiovascular fitness level!

#### **DEEP WATER BOOT CAMP +++**

With focus on strength and endurance conditioning, everyone will reap the benefits of their hard work. This class accommodates all levels of fitness and challenges everyone individually.

#### **HYDROMANIACS +++**

Perfect for those looking to cross train in the water. This class format is a circuit style workout with multiple stations of high intensity movements, utilizing a mix of exercise combinations and a variety of aquatic equipment.

#### **S'WET BOOTCAMP +++**

Structured Water Exercise Training to take your workout to the next level. Get your heart rate up with H.I.I.T, advanced cardio, and strength training to challenge yourself in a new way. Target the entire body in one all out workout. Get ready for some explosive action in the pool.

#### **WHICH DROP-IN CLASS IS RIGHT FOR ME?**

Find the perfect class for your skill level. You also can always adjust your exercise level to match your fitness and capability.

##### **GENTLE +**

Designed to be easier and the pace is at a slower tempo

##### **ACTIVE ++**

Designed to be more energetic, progressive, and challenging

##### **HIGH +++**

Designed to be strong and powerful; higher in intensity