

# Water Fitness Class Descriptions

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## ***WELCOME TO THE POOL!***

Take a quick rinse off, get in, and enjoy a great workout led by our nationally certified instructors. We have something for every fitness level. Please note that not all classes are offered at each location. Check each club's schedule for specific classes! All classes are 60 minutes unless noted otherwise.

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### **AE: Aqua Energy**

Get a great cardio workout right here. Take it as Hi or as Low as you want. Includes strength training and flexibility segments. All levels.

### **AAq+: Arthritis Aqua Plus**

Specifically designed by the Arthritis Foundation, this class will help you to increase range of motion, flexibility, muscular strength as well as movement for activities of daily living. All levels.

### **ABX: Abs Plus**

Dedicates twenty minutes of ab work. All levels.

### **Ai Chi:**

Experience the ancient Chinese martial art form of Tai Chi in the water. Slow-moving, designed to increase flexibility & endurance. All levels.

### **BYOB: Bring Your Own Baby**

Work out using your baby (ages 6 mos-2 yrs.) as your weight in the water. Fun for you & baby! All levels.

### **CB: Cardio Box**

Enjoy a low impact, fat-burning cardio workout as you kick and jab your way to better fitness! All levels.

### **CC: Cardio Circuit**

This class consists of cycles of segmented cardio phases separated by strengthening stations using various pieces of equipment. Great for endurance and muscle development. Intermediate to Advanced.

### **CH: Challenge**

Aerobics, power & resistance training in a longer, more intense cardio phase (35-40 minutes at 70-90% of your target zone). Also includes resistance training and stretches. Intermediate to advanced.

### **\*\*DW: Deep H<sup>2</sup>O**

A deep water workout utilizing different running techniques, interval training and resistance equipment. Use floatation belts to suspend you in the water. Some swimming skills required. Modified for all levels.

### **\*\*Fin: Finning**

You'll love using fins! Fins increase the water you move and the work you do. Great abdominal and lower body workout! Some swimming skills are necessary. 30 min. Intermediate to Advanced.

### **FM: Fluid Movement**

Focus on the natural support and resistance of the water to relieve stiffness and stress associated w/ fibromyalgia, chronic fatigue and joint pain. Experience gentle movement patterns that will provide a feeling of total body wellness. Balance work and proper breathing techniques will be explored.

### **\*\*FS: Fitness Swim**

Fitness Swim is a class designed to teach efficient stroke techniques to the intermediate swimmer and offers a fitness workout to build speed and endurance. Intermediate to advanced

### **\*\*H<sup>2</sup>O BootCamp**

Advanced muscle conditioning and strength training using all aspects of the pool and equipment. Expect a Challenge! Advanced.

### **PP: Poolates**

Take Pilates into the water. The water will both support and challenge many of the classic Pilates exercises. All levels.

### **PH: Power Hour**

Need cardio? This medium to high intensity cardio workout includes different traveling patterns, plyometrics and the use of water equipment to maximize the results of your training. Intermediate to Advanced.

### **SO: Splash Out**

Challenge yourself as the instructor leads you through their choice of workout! Many times this includes a workout with many of your favorite instructors together! Intermediate to Advanced.

### **SS: Sculpt & Stretch**

Low impact movement, focusing on muscle toning using equipment and that all important fitness component: stretching to increase flexibility. All levels.

### **WW: Water Walking**

Guided walking patterns *anyone* can do. Intensity from mild to hard depending on how much water you choose to move. All Levels.

### **Yo: Yoqua**

Come explore Yoga poses in an aquatic environment. Challenge yourself to become more flexible and stronger

## **Class Etiquette**

- Everyone must shower before entering pools or whirlpool.
- Please be on time.
- Classes are a group activity; we request that you follow the instructor's routine.
- No open cuts or wounds, no band-aids.
- Then entire wet area will be closed in the event of thunder or lightening until 20 minutes after last occurrence.
- As a courtesy to other participants and instructors, please limit your conversations during class.

Need a more one-on-one approach, **Aquatic Personal Training** is available to you assist in improving your personal well-being.

**Open Swim, Swim Lessons and Children's Activities are also available at all locations!**

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**\*\*Indicates class will use lap lanes.**

