

ABBREVIATION EXPLANATION AND CLASS DESCRIPTIONS

- **(AE) Aqua Energy:** Get a great cardio workout right here. Take it as Hi or as Low as you want. It includes strength training and flexibility segments. *All fitness levels. (55 Min.).*
- **(AK) Aqua Kombat:** This class is a blend of kick boxing and water moves, fit for those who want a high energy, thrilling workout. *Intermediate to Advanced (50 Min.).*
- **(AS) Aqua Step:** A new dimension for this very popular Group X cardio class. Speedo aqua steps, specifically designed for the water, are used for the main portion of the workout. Basic choreography. *All fitness levels (50 Min.).*
- **(Begin MS) Beginner US Masters Swimming:** Introduction to the US Masters Swimming program. Take it one step at the time. This class is designed to assist and introduce the novice to the Masters program. *Beginner level (30 Min.).*
- **(BYOB) Bring Your Own Baby:** Bring your baby in the water with you while you workout. Interactive exercises will give you a great workout while enjoying time with your little one. Babies must be 6 months and older and must wear "swimmers" diapers. Please bring a flotation ring for your baby. *(30 Min.).*
- **(CC) Cardio Circuit:** This class consists of cycles of cardio phases alternated by strengthening stations using various pieces of equipment. Great for endurance and muscle development. *Intermediate to Advance (55 Min.).*
- **(DH) Deep H2O:** 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 fitness levels (55 Min.).*
- **(Family PH) Family Power Hour:** Bring all your family members and try this popular, high energy cardio workout. Children must be 9 years old to take this class, accompanied by an adult and must be able to touch the bottom of the pool. *Modified for all fitness levels (60 Min.).*
- **(FIN) Fining:** You'll love this express workout with fins. Great abs and lower body strength training. Some swimming skills required. *Modified for all fitness levels (45 Min.).*
- **(FM) Fluid Motion:** Progressively increase the range of motion of your joints and build your muscle strength and flexibility through those gentle and slow water motions. *Ideal for mild arthritis and fibromyalgia (50 Min.).*
- **(HC) Hydro Cycle:** Simulate interval cycling training in the pool using a noodle and water resistance to work upper and lower body, balance and CV simultaneously. *Intermediate and Advanced (45 Min.).*
- **(HB) H2O Boot Camp:** Advanced muscle conditioning and strength training using all aspects of the pool and equipment. Expect a challenge! *Advanced (50 Min.).*
- **(PH) Power Hour:** Medium/High intensity cardio workout that includes different running patterns, plyometrics and the use of water equipment to maximize the results of your training. *Intermediate to Advanced (55 Min.).*
- **(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 all together! *All fitness levels (55 Min.).*
- **(S&F) Spin and Fin:** Cross train through cycling upstairs in the Cycle studio for 30 minutes and move downstairs into our Lap Pool for 30 minutes of Finning. This one hour class will begin in the Cycle studio. Some swimming skills required. *Intermediate to advanced (60 Min.).*
- **Swim Club:** The Flying Fish Swim Club is a workout designed to mimic swim team practice. Swimmers, ages 5 to 18 will work on improving strokes, learning/improving starts, gaining endurance and speed. Swimmers must meet swimming prerequisites and must tryout for the team. Fees apply, please see brochure for more information.
- **(WM) Water Movers:** Simple choreography moves, short intervals of suspended motions and lots of traveling are components of this fun and motivated class. Abs work and flexibility training included. *Intermediate to advanced. (55 Min.).*
- **(WW) Water Walking:** This class will help you achieve better coordination, balance and walking skills. Strength and flexibility exercises are included. Bring a friend or meet new friends for the talking part of the class! *All fitness levels (55 Min.).*
- **(MS) US Masters Swimming:** This class is open to adult swimmers ages 18 + who want to achieve their fitness goals through the U.S. Masters Swimming program. Our coaches will lead a structured workout with lots of drills and emphasis on stroke techniques to improve time and form. Leg floats and kickboards are used in this class. Please bring your goggles. **If no coach is present, workout will be posted on the dry erase-board (60 Min.).**
- **(AZ) Aqua Zumba:** Dance your way to a fitter you by using the water benefits. This aerobic workout uses exciting and unique Latin Moves and rhythms. Belly Dancing, Hula and dance elements from other cultures are incorporated to make this a fun class. *All fitness levels (55 Min.).*
- **(Zumbatonic):** Crank up the music, shake, wiggle and splash! Join this youth party packed with fun and high energy moves in the water. Participant's age must be 9 to 13 and must be able to touch the bottom of the pool. Please sign up at the front desk, space is limited. Party goers will meet, at the Café, 10 min before class. *All fitness levels (30 Min.).*