

# Water Fitness Class Descriptions

---

## 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.

---

### 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.

### AFK: Aqua Fit Kids

The kids have a chance to get wet (and fit!). A water fitness class geared towards kids 9 and up.

### Aqua Step

Using a bench platform specifically designed for the water. Choreography is basic; no power moves are used - low impact. It will energize & challenge the body. All levels.

### BYOB: Bring Your Own Baby

Bring your own baby in the water with you for your workout! Interactive exercises will give you a great workout while enjoying time with your little one. Babies 6 months+.

### 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.

### Deep H<sub>2</sub>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.

### 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. Intermediate to Advanced.

### FS: Fitness Swim

Put a new twist to your lap swimming regiment. This class is modeled from the Master Swim program that is sure to enhance your endurance, speed and stroke proficiency.

### FM: Fluid Motion

Get the benefits of a cardio workout without the impact on your joints. Combines moderate endurance building, muscle conditioning and stretches. Low to Intermediate.

### GM: Gentle Movement

Gentle and slow water movements recommended for members with fibromyalgia, arthritis or other conditions needing emphasis on joint range of motion, muscle strength and range of motion. No cardio involved.

### H<sub>2</sub>O Bootcamp

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

### HT: Hydro Training

An open forum water class that combines group and individual training stations so that you can stretch, tone and strengthen at your own pace. 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

Focus on muscular strength in the upper and lower body, as well as strengthening the abdominal and lower back muscles. Also includes a stretching segment. 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.

### Yoqua™

Enjoy the benefits of yoga while in the water environment. Strengthen your muscles, relax your mind, lengthen your body and leave refreshed! All levels.

### Equipment Assisted:

#### Noodles/Rings/Hand Bars/Bands

One or various types of aquatic equipment may be utilized during any of the above mentioned class types to increase resistance and/or buoyancy.

---

## Class Etiquette

- Everyone must shower before entering pools or whirlpool.
- **Please be on time!** Participants will not be allowed to join class 15 minutes after class start time.
- A water shoe with support and drinking water is highly recommended for all classes.
- 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 lightning until 20 minutes after last occurrence.
- As a courtesy to other participants and instructors, please limit your conversations during class.

Need help getting started or not sure which class is best for you, talk to a Water Fitness Instructor about an **Aquatic Orientation**.

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!**

