

Descriptions of Water Aerobics Classes

AquaFit – Workout to fun, aerobic routines while staying cool. This low impact cardiovascular workout is great for anyone. SHALLOW END

AquaBlast – This non-impact class is a combination of Hydro and Aquafit all in one. DEEP END AND SHALLOW END

AquaNoodle – Provides a total body workout with basic high and low impact exercises along with abdominal toning and stretching. Different size aquatic noodles are used to increase intensity levels.

Arthritis – The buoyancy and resistance provided by the water can decrease pain and stiffness while increasing flexibility. The program is medically approved for persons with arthritis by the National Arthritis Foundation. SHALLOW END

Hydro – This high energy, non-impact cardio workout is designed to strengthen, tone and burn body fat. Belts provided. DEEP END

SilverSneakers Splash®

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SHALLOW END

Aqua Zumba®

A “pool party” workout for all ages!! A challenging water based workout. This is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style!

SHALLOW END

CardioCrunch – An abdominal workout not just for your core, but arms and shoulders as well. DEEP END

Spring I and II 2016 Water Aerobic Schedule

February 22nd - April 10th
April 11th – May 30th

Hydro	M/W	8:30-9:30am
AquaFit	M/F	9:30-10:30am
Arthritis	M/W/F	10:30-11:30am
SilverSneakers Splash®	T/TH	9:30-10:30am
	F	8:30-9:30am
AquaBlast	T/TH	6:00-7:00pm
Aqua Zumba®	W	9:30-10:30am
CardioCrunch	T/TH	8:30-9:30am
AquaNoodle	M	10:30-11:30am