

Group Fitness WATER CLASS Descriptions

AQUA SPLASH (Lap Pool) This class is designed for members new to fitness that need a low impact water workout. It is for all fitness levels and includes cardiovascular exercise, strengthening, stretching and balance work for a total body workout.

AQUA ZUMBA® (Lap Pool) Take the Zumba party to the water! Make a splash with this low impact, joint-supported, high energy, total body water fitness.

BACK TO BASICS (Aqua Track) This class is excellent for those individuals with back discomfort. The exercises are low impact and designed to strengthen the muscles around the back.

FAST TRACK (Aqua Track) This is a fast paced water workout that will get you moving with a challenging total body workout.

FAT BURNER (Lap Pool) Total water workout to burn fat by doing cardio movement with weights and equipment. This is an excellent class for all fitness levels wanting to burn calories.

HYDRO INTERVAL TRACK (Aqua Track) Total water workout of cardio, strength training, and flexibility exercises in the Aqua Track.

LIFESTYLE MOVES (Aqua Track) This “no current” class focuses on range of motion exercises and stretches, along with balance and easing joint pain. It offers a zero impact workout suitable for people with arthritis, fibromyalgia, bursitis and joint replacement.

POWER PUMP (Lap Pool) These classes are an intensity level down from Water Explosion. They will target your body’s overall strength, fitness, balance, coordination and cardiovascular health.

TAI CHI TIDE (Aqua Track) A “no current” class format incorporating gentle, fluid Tai chi movements at a slow tempo; teaches mind-body movement patterns in water. Tai Chi Tide can help increase balance, concentration, and coordination; also beneficial for individuals with arthritis, Parkinson's, MS, and ALS.

WATER EXPLOSION (Lap Pool or Aqua Track) This class is an intense and dynamic workout that challenges and improves total body strength, fitness, balance, endurance, coordination and cardiovascular health.

WATER EXPLOSION + CORE: Adds an additional 15-minutes to Water Explosion to complete specific core strengthening exercises.

DEEP WATER EXPLOSION (Outdoor Pool; Summer Only) Held in the 5’6” deep end of the outdoor pool, this class is a full body workout. Use different types of equipment to keep you suspended off the pool bottom, total strength and endurance will be challenged. The deep water limits all impact to the joints.

WATER NIA (Lap Pool) A sensory-based dance movement practice that draws from self-expression, martial, dance and healing arts. It promotes fitness-dance movement with mindfulness, giving participants a dynamic cardiovascular workout for the total body. When added to water, joints are supported, while strength and endurance are enhanced.