

Class Descriptions

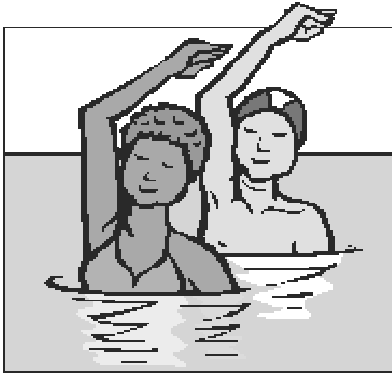
Don't know which aquacise class is right for you? Here's a brief description of the different classes that we offer in the swimming pool...

Aquacise (Aqua): Aquacise is an aerobic class in the water. It includes 30-40 minutes of cardiovascular training with conditioning and stretching. Work at your own pace using the bottom of the pool for movement forward and back, as well as jogging and jumping for added intensity.

Hydrofit (Hydro): Hydro-fit is a deep-water workout which uses flotation devices to aid in extra resistance and added buoyancy. This class is designed for all levels of fitness; however, it does require additional balance and coordination.

Aquatone: Aquatone is designed basically for the beginner. Your intensity level can be as low or high as your fitness level dictates. It is a great class for the person recovering from surgery or injury, obesity, or anyone who has not exercised in many years.

AquaFit: Aquafit is a fun way to stretch, tone, pump up the cardio, and luxuriate in the pool. All shapes and sizes and all fitness levels working out together. Great place for beginners to start!



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