



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BECOME AQUA STRONG

WATER FITNESS CLASSES

All classes offer a high-intensity cardio + strength water workout for the entire body with no impact on the lower body! Raise your heart rate, torch calories, strengthen, tone and stretch muscles, all with zero joint impact!

Water Potpourri Monday/Wednesdays at 8:30AM-9:15AM W/ Kathy

This shallow to mid water workout includes the use of equipment...or none at all! We may use ergo bells, loops & bands, noodles, kickboards, & balls. We will work out to music to target fitness components of agility, balance, & coordination.

TabAqua Tuesdays & Thursdays at 8:30AM-9:15AM W/ Kathy

Designed to help jump start your metabolism & burn more calories quicker, this class will keep your entire body guessing what's coming next! Interval training in both the Tabata methods, mixed & max intervals, we will incorporate all of your favorite Aquatics equipment into aquatic movements to enhance both strength & cardiovascular endurance. So if you want more bang for your buck in the water....we will see you at TabAqua!

AquaZumba® Wednesdays at 5:30PM W/ Barb

Aqua Zumba® blends the **Zumba®** philosophy with **water** resistance, for one pool party you shouldn't miss! There is less impact on your joints during an **Aqua Zumba®** class so you can really let loose. **Water** creates natural resistance, which means every step is more challenging and helps tone your muscles.

Aqua Surprise Fridays 8:30AM-9:15AM w/ Cindy

Any of our regular Water Aerobics Classes will be taught. Instructors will rotate through their favorite workouts.