

## **Aqua Class Descriptions**

**Aqua Zumba:** Zumba Fitness has taken the winning formula of Latin and international music beats for dance exercise and integrated them in a water-based workout. This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!

**Making Waves:** A high energy aqua workout, targeting all the major muscles using the water's resistance to challenge all levels. This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells (buoys).

**Dynamic Deep Water:** A challenging high intensity workout in the deep part of the lap pool, combining cardio and resistance training. Methods of interval training, pyramids, and more are used to create fun and effective workouts.

**Water in Motion:** A low impact water workout for all levels that includes cardio, muscle strengthening, and balance exercises using a variety of buoyancy equipment.

**Aqua Power:** This is highest intensity workout in the Functional Training Pool, focusing primarily on cardio and strength. After a warm up we start our power aqua endurance and interval training for 30-40 minutes, then proceed to strength and core, finishing with a relaxing cool down. This is a great non-impact workout that can be done in deep or shallow water. All skill levels welcome.

**Aqua Pilates:**

The focus of Aqua Pilates is core-centric stability and strength building, instead of vigorous movements of the limbs to elevate the heart rate. Many Aqua Pilates exercises focus on stabilizing or resisting movement in one part of the body while the rest of the body is moving dynamically. Benefits include core abdominal and back strength, postural stability, barre-inspired leg sculpting, increased balance, improved muscle elasticity and joint mobility.

**Stretch, Flex & Balance/Cardio & Tone:** This class is a full-body workout with an emphasis on cardio conditioning, strength work, and flexibility. A dynamic warm up is followed by cardio training, which includes traveling in the pool for increased resistance, and easy choreography for fun and variety. Interval training is often included, along with drills for upper and lower body strength. This is a fun workout with motivating, uplifting music throughout so come and join us!

**Rebound and Suspend:** This is a one hour total body workout designed to create a safe and effective workout for all. Each class will include a warm up, cardiovascular moves, strength training, flexibility, core endurance, and balance. Stretching and a light cool down will end each session so you can be ready for the rest of your day! All fitness levels welcome.