

Water Aerobics Class Description

Aqua-cize

45 min class

Water aerobics classes allow for a strong workout with low impact on joints and bones. Our Aqua-cize class is a high intensity shallow water aerobics class with a focus on cardiovascular endurance and resistance training.

Noodlin' Around

30 min class

Come tackle some resistance training while in the 7-10ft waters of our indoor pool. The use of the water weights and noodles allows our participants to really move through the deeper water while combining their body weight and equipment to feel the burn.

Move it & Lose it

45 min class

A mid-level intensity water aerobics class allows you to really feel an impact with the use of cardiovascular moves as well as resistance training with equipment. Keeping in mind the low impact on bones and joints you will feel great after finishing this class!

Dig Deep

30 min class

A 30-minute-deep water class is full of opportunities to tighten and tone. Using your own bodies resistance along with our deep water you can feel the workout!

Aqua-mixer

45 min class

A great class to end the week! Using a variety of equipment, we end the week with a mid-level intensity class.