

HEALTHY LIVING- AQUATICS

DEEP WATER JOGGING

DEEP WATER JOGGING is relative to real running in terms of building cardiovascular endurance much easier intensities. This class is an excellent way to maintain your fitness or help with rehabilitation during recovery from injury.

MAIN POOL Mon, Tue, Wed, Fri 8:30 – 9:30 am and Thursday 9:30-10:30am.

YOUNG AT HEART

YOUNG AT HEART is a low-impact, slow paced method to get cardiovascular exercise. This class is designed to increase flexibility and improve your balance, joint stability, coordination, agility, and muscular strength. This class will improve your sense of well-being through peer interactions and positive encouragement.

MAIN POOL Mon, Wed, Fri 9:30-10:30am

AQUA ZUMBA

AQUAZUMBA is for those who want to get fit and have fun. The high energy class makes full use of your bodies buoyancy and provides you with a challenging and invigorating workout that will burn body fat and build muscle tone and definition .

MAIN POOL Tue 5:30-6:30pm. Thur. 5:15-6:15pm. Sat 12:00-1:00pm

AQUAMOTION

AQUAMOTION is suitable for all fitness levels. It is a therapeutic form of exercise for those recovering from injuries, strokes, arthritis pain, fibromyalgia, knee or hip issues. People who suffer from living with pain and limited range of motion can add a water workout to their wellness routine to gain a better quality of life.

THERAPY POOL Mon 1:00-2:00pm, Wed, Fri 10:45-11:45am. Tue 12:00-1:00pm. Mon, Wed, 6:30- 7:30 pm.

HYDRO SPIN

HYDRO SPIN is an innovative new way to exercise that comes with many gains. Get a cardiovascular workout as well as strength training in one. Burn up to 800K calories and burn cellulite each time you get in the pool for class . Hydro spin will enhance blood flow, improve cardiovascular endurance, and get a better nights sleep. The class is impact free on joints, therefore participants will have no soreness or no stress on the body. Thanks to its positive impact on people's lives, aqua cycling has now turned into a massive trend all over Europe and the United States.

MAIN POOL Mon, 5:30-6:30pm. Tuesday 5:45am-6:45am, and 6:45-7:45pm. Thursday 5:45am-6:45am, 6:45-7:45pm

SPLASH FIT

SPLASH FIT incorporates gentle aerobics using water weights and noodles. The music can change our perceptions, sharpen our attention, and even enhance our intelligence for the day. The benefits in this class through gentle exercise helps to increase flexibility and endurance.

MAIN POOL Thu 8:30 AM – 9:30am

AQUA YOGA

AQUA YOGA involves stretching which has a positive impact on overall heart health. The thermal properties of therapy water assists in healing the nerves to lessen pain sensitivity, stimulate the immune system, increase blood circulation, and leave you both physically and mentally relaxed.

THERAPY POOL Mon10:45-11:45am