

AQUA FITNESS CLASS DESCRIPTIONS



**FITNESS
CENTRE**

EARLY RISE AQUA

Wake yourself up with this NEW mid-high intensity suspension workout in the deep well. Focus is on cardio challenge, core strength and improving muscle tone from tops to toes!



AQUA ARTHRITIS

This specialty class is designed for anyone with arthritis pain who could benefit from improved range of motion and mobility through muscle conditioning, strength building and flexibility exercises

WATER IN MOTION

Aqua exercise workout that provides a low impact, high energy challenge for participants, of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardio workout that tones and tapers the entire body. Shallow to mid water workout.

AQUAFIT COMBO

An "all exercise" workout to music. Mid-pool, deep and shallow water used.

FIT FOREVER

Geared to 55 years and up. Aquatic fitness workout to music. Deep and shallow water used.

BOOTCAMP

Looking for a high intensity workout? This class takes land bootcamp into the water.

AQUA ZUMBA

A "pool party" workout for all ages. An effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.



AQUA RUNNING

This class brings running into the pool and avoids impact incurred from walking or jogging on land.

DIAPER FIT

An AquaFit program designed for parents with babies under three years of age. Floatation seats are provided so that parents can participate in a shallow-water aquafit class and have babies within arms' reach. Babies must be able to sit upright on their own. This is a great way to get fit, have fun, and enjoy time with your child.

HYDRO POWER

This invigorating class held in the pool improves cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout! It also allows a break from "impact" on the body without pounding your joints, ligaments, and tendons. Getting healthier never felt so good!

H2O REPAIR

Gentle stretching/strengthening workout in swirl pool or learning pool to ease joints, muscles, or injuries.

WATER WALKERS

This safe, effective and enjoyable exercise class is for a variety of people of varying ages, health histories, fitness and skill levels. (great for post-rehabilitation, arthritis, etc.)

MUSCULAR CONDITIONING WORKOUT

This new 30-minute program takes place in the warm swirl pool. The focus is on Total Body Conditioning-upper and lower body strength training with the use of aquatic equipment: water mitts, paddles, noodles, and dumbbells.