

Class Descriptions and Pricing (Each class is 45 minutes)

Pumped-Up Pilates

Pumped-Up Pilates is a fast-pace, energetic session that is designed to develop control and build endurance. This class focuses on strength, conditioning, and core exercises. The instructor may use noodles, dumbbells and other small props. This class is similar to Pilates but just taken up a notch.

Pilates

Pilates is all about the art of control. It is a system of controlled exercises that engage the mind and condition the total body. Pilates is a series of nonimpact exercises that focus on developing strength, flexibility, and posture. Participants will tone and sculpt muscles by engaging in a series of power poses to reduce stress, increase energy, and balance.

Arthritis Shallow

Easy-paced aquatic movement class incorporating arthritis programming. This class will get you moving and feeling good, improve your balance and core stability, and increase your range of motion and flexibility. The warm temperature and pressure of the water help to relieve ailments of pain and stiffness while improving range of motion. Aquatic shoes strongly recommended.

Arthritis plus Shallow

Arthritis + is a class with light cardio aquatic movements and arthritis plus programming. This class has moderate intensity and longer endurance periods. This class is set at a slightly faster pace. As you moving and feeling great, improve balance and core stability, and increase your range of motion and flexibility. No swimming ability necessary. Aquatic shoes strongly recommended.

Aquaticise

This class has modifications available for every level. Aquaticise is offered to beginners all the way up to advanced. This well-balanced total body workout includes a warm-up, cardiovascular workout, strength, flexibility and abdominal work. It promotes joint flexibility, a range of motion and agility while building cardiovascular endurance and strength. Multiple types of equipment may be used. Aquatic shoes strongly recommended.

Light Aquaticise

Light Aquaticise offers a fun, less intensive cardio based class that has a slightly slower pace than the traditional aquaticise class. With quick transitions and a full body workout offered, you will find a great mix of exercises that will help build your endurance and strength. Multiple types of equipment will be used throughout each workout. Aquatic shoes strongly recommended.

Deep Water Workout

This workout aims to improve overall fitness performance. Participants will use floatation belts and Styrofoam barbells to perform a variety of motions including water wading and running, abdominal work and toning exercises. This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. Must be comfortable in deep water.

Deep Water Running

This is a no-impact and high intensity program which emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deeper water of the pool and participants will use flotation belts. This program will be of particular benefit to runners and other active exercisers who are looking for a challenging workout as a no impact alternative to conditioning on land. Training while increasing strength, flexibility and cardiovascular endurance.

Hydro Bike

Pedal your way to fitness in this fun and challenging workout on an aquatic stationary bike. Aquatic cycling class uses intervals to increase cardiovascular endurance and strength. Water resistance provides a total body workout and hydrostatic pressure provides less pressure on the joints & lower back. Hydro bike workouts are similar to a spinning class, but on a bike built for the water. Interval training will be included in the workout. Hydro bike classes are limited to 15 participants and are available on a first-come, first-served basis each day. Aquatic sneakers required.

Moms in Motion

This is exclusively a Pre-Natal & Postpartum Workout. The buoyancy of the water lessens the effects of gravity during pregnancy, while providing resistance to exercise at the difficulty you choose. This aquatic program is designed to help improve comfort, posture and breathing, as well as develop body awareness, strength and flexibility. Physician release and aquatic shoes required.

Multiple Sclerosis

This is a shallow water, easy-paced class incorporating cardiovascular aquatic movement, walking, and strength training. This class will work on improving balance, core stability and flexibility while using a variety of water equipment. No swimming ability is necessary, but you should feel comfortable in the water. The class is designed for those with MS who are independently mobile, but may be taken with the assistance of an aide. Aquatic shoes are strongly recommended for the class.

FITNESS CLASS PACKAGES

7 CLASSES = \$62 (8.86/CLASS)

14 CLASSES = \$119 (8.50/CLASS)

21 CLASSES = \$164 (7.80/CLASS)

28 CLASSES = \$204 (7.29/CLASS)