

**Water Aerobics:** A great water workout that combines interval training and strengthening exercises for the upper body and the abdominals. This class is a great workout in a safe- non weight bearing environment.

**Low-impact Water Aerobics:** An exercise program designed to help people improve joint flexibility and decrease pain or stiffness through the buoyancy and gentle movement of the aquatic environment

**Deep Water Aerobics:** Challenge your body with this high intensity class that takes place in the deep end of the pool

**Water yoga:** A low-level water aerobics class that applies yoga techniques in the water.

**Water Stretch & Tone:** A low intensity water exercise class designed to stretch and strengthen your entire body through aerobic conditioning.

**Water Tone & Abs:** A high intensity combo class designed to improve your muscular strength, flexibility, muscular strength and range of motion.

**Aqua Zumba:** A combination of fun, easy-to-follow dance steps, modified for the water environment, with hot Latin beats to help you keep moving.