***AQUA AEROBICS DESCRIPTIONS***

***Aqua Fit:*** *Aerobics meets attitude- Intense workout in the water including power drills, speed bursts and strength exercises.*

***Deep Water Fitness:*** *Water exercises in deep end of Warm Water Pool. Flotation devices available.*

***Liquid Cardio:*** *Get Pumpin’ with this high energy cardio & strength workout in the water! Improve Cardio, muscle strength, endurance, flexibility all with minimal stress on joints & NO Impact*

***Belly Up to the Pool Barre:*** *This Barre class takes place in the pool! Combines Pilates, yoga, & Ballet moves to give you beautiful, sculpted, lean muscles – with NO impact!*

***H2O Shallow & Deep:*** *Combo of Shallow & Deep Water Exercises. Flotations available.*

***Hydrospin:*** *Cycling under water on our Hydrospin Bikes…*

***Deep Water Running:*** *Utilizing flotation devices to get run utilizing minimal impact, stride technique, great cardio workout, core engagement, & good for rehab training.*

***Swim n Slim****: Bursts of moderate to high intensity cardio segments with muscle conditioning exercises in shallow water with stretching & Cool down in the Warm Water Pool!*

***Hiit the Water:*** *Intervals of Muscle Conditioning & Cardio to strengthen your muscles & your heart!*

***Aqua Dance:*** *Join in the fun! Work your entire body while you move to the beat of the music! We will incorporate a variety of musical genres to get everyone moving and grooving…*

***Water Boot Camp:*** *Ready. S.E.T. Go H2O! Strength. Endurance. Training. This class combines a mix of high intensity cardio with the benefits of weight & resistance training, along with core training segments, that will give you a full body workout with minimum joint impact. Weights, shallow end exercises, deep water exercises & some deck movement are all incorporated. Get ready! Get set! Let's go!!! Water shoes & goggles recommended, but definitely not required.*