

level	Class & Description
Intermediate-Advanced	<b><u>Aqua Abs &amp; Cardio</u></b> - Add some abdominal workouts to your traditional water aerobics class.
Beginner-Advanced	<b><u>Aqua Step and Stamina</u></b> - The fast paced Aqua Step class provides a great cardiovascular workout to the latest music by stepping on and off a step on the floor of the pool.
Beginner-Advanced	<b><u>Cardio Split</u></b> - This aqua fitness class combines the benefits of aerobic conditioning and resistance training, and is suitable for all ages and abilities. Enjoy the class camaraderie as you work muscles in easy to follow patterns in the rec pool and the deep pool.
Beginner-Advanced	<b><u>Hi/Low Interval</u></b> - We will use different equipment to tone your muscles while keeping your heart rate up to burn calories. This class is in the rec pool.
Intro	<b><u>Intro to Water Exercise</u></b> - This class will help make the new member or those new to exercising in the water more confident. We will cover class protocol, equipment and the benefits of water exercise.
Intermediate-Advance	<b><u>Ocean Motion</u></b> - Join us in the “cool” water of the deep pool. Get a great cardio workout using various styles of water ambulation all while strengthening and toning,
Intermediate-Advance	<b><u>The Deep</u></b> - This class is in the deep water, using floatation devises and other equipment to stabilize the body and add resistance to the water. This class works on toning, defining the muscles and adding endurance.
Beginner-Advanced	<b><u>Water Wake Up</u></b> - Begin your day the right way with a variety of cardiovascular exercises, strengthening and toning movements, and specialized exercises for all over body firming.
Beginner-Advanced	<b><u>Water Walk</u></b> - A low impact aerobic workout that tones the muscles of the arms, chest, shoulders, legs, glutes and back. The higher resistance of the water will give you a greater workout with no risk of injury to your joints. Thirty minutes of water walking is equivalent to 2 hours of walking on dry land! No swimming experience is necessary.
Beginner, Intermediate	<b><u>Water Walk-level 1</u></b> - A slightly easier version of the above class. Participant interaction is a vital part of this class.