

Class	Level	Description
Aqua Step & Stamina	Beginner-Advanced	This fast paced aerobics class combines the excitement of a step-aerobics class with the resistance of the water. In this class participants will be stepping to the beat on step platforms designed to remain on the pool bottom.
Cardio Split	Beginner-Advanced	This aqua fitness class combines the benefits of aerobic conditioning and resistance training.. Enjoy the class camaraderie as you work various muscle groups while completing easy to follow patterns in the shallow pool.
Hi/Low Interval	Beginner-Advanced	With a focus on a cardio workout and improved muscle tone this class is sure to get your heart pumping. This class is suitable for adults of all ages.
Intro to Water Exercise	Beginner	This class has been designed to introduce those new to water aerobics or new members to the benefits of a water work out. We will cover class protocol, equipment, and the benefits of water exercise.
Ocean Motion	Intermediate-Advanced	Join us in the cool water of the competition pool. Get a great cardio workout using various styles of water ambulation all while strengthening and toning.
Water Wake Up	Beginner-Advanced	Begin your day the right way with a variety of cardiovascular exercises, strengthening/toning movements, and specialized exercises for a total body workout.
Water Walk	Beginner-Intermediate	A low impact aerobic workout that helps to tone various muscle groups. The higher resistance of the water will give you a great work out while being joint friendly.
Water Works	Beginner-Intermediate	This class is a low to medium impact class that combines a cardiovascular workout with resistance training. This class is very joint friendly. Adults of all ages are welcome to join.
Aqua-Box	Beginner– Intermediate	Aqua-Box is a newly designed water aerobics class that incorporates basic martial arts movement with the cool resistance of the water. This total body cardiovascular work out will help increase your strength, coordination, endurance, mental focus, and physical flexibility.