

Water Fitness Information

Shallow Water Fitness:

Monday, Wednesday, Friday – 45 minutes

Tuesday & Thursday – 1 hour

Deep Water Fitness: All Classes are 45 minutes

Aqua Jogging: All Classes are 45 minutes

Self Balance:

Class is done in the shallow water

45 minutes

Deep Water Fitness

Tuesday @ 3:30 is 30 minutes

All Other classes are 45 minutes

Easy Water Fitness: All Classes are 45 minutes

Deep Water Hydro Challenge: is a high-energy class designed for a total body workout. This cardio and body sculpting program blends High Intensity Training (HIT), including the specialized Tabata format, with adapted exercises from Pilates, Burdenko Method and Yoga to strengthen the core, flexibility and coordination. If you are looking for a high-energy class designed to build endurance with low impact, this is the class for you!

Equipment: Flotation belts, fitness noodles and other resistance equipment provided.