

Group Exercise- Class Descriptions

Pump It Up!

A whole body weight training and exercise class. Lose weight by building and toning your muscles while still having fun to great music. You will increase strength, muscle, and bone density. This class will show you many ways to sculpt your abs and buns. The best part is that there is no jumping.

Cardio Kickboxing

Come lose weight, meet new friends, and have lots of fun. This class will show you many ways to sculpt your arms, abs, and buns. Let's step it up to kickboxing and watch the pounds melt away.

Water Fitness- Class Descriptions

Cardio Endurance

A high-intensity water aerobics class that takes interval training from the gym and adds water resistance to burn more calories. You will achieve a full body workout with the use of water gloves, other equipment, and, of course, the water. Come and burn calories while having fun in the water.

Cardio Splash

A high-intensity cardiovascular water workout that increases strength and endurance. This class is designed to increase your flexibility, improve your balance, develop core strength, and to give you a whole body workout. The nature of water creates the ability for any individual to generate the intensity necessary for a fantastic workout.

Aqua Fitness

This mid-intensity water workout emphasizes total body conditioning using the natural resistance of the water. This class is designed to improve your flexibility, balance, endurance, and overall cardiovascular fitness. Participants can vary the class to their own pace to suit their unique goals and needs.

Rusty Hinges

If you have arthritis and/or joint problems, this fun, friendly, low-intensity aerobic workout is for you. This class is designed for all ages and abilities, ranging from beginner to advanced. We will work on range of motion, muscle toning, flexibility, and rehabilitation with a little low-intensity cardio worked in, as well. This is a great class for those recovering from injury or surgery. ****Great Beginning Class****

Water Walking

This low-intensity water workout utilizes both upper and lower body muscle groups to challenge you at various intensity levels. The water is used to create the current and force necessary to provide appropriate resistance. This class will challenge all muscle groups without the impact on your joints.

Arthritis Aquatics

This low-intensity class is designed with the purpose of providing an opportunity for people with arthritis and other similar conditions to participate in a group water fitness class and to have fun. The class improves range of motion, muscle strengthening, flexibility, balance, and endurance.