

Class Descriptions

Warm Water Aquatic Classes:

Back Strength: Core training incorporating multiple movements to develop strong abdominal and back muscles. This focuses on improvement of posture and balance while developing the mid section.

Aqua Aerobics: Get motivated for the day with this cardio plus resistance workout.

Water Volleyball: Pool Fun. This is a great way to be active and social in the same hour (and a half)!

Aqua Combo: Warm water class designed for individuals with a variety of musculoskeletal limitations. Resistance training, water walking and stretching.

Joyful Joints: Designed for people with arthritis. Increase range of motion & strengthen muscles and joints. Warm water class is set to music for an upbeat feeling for those who like to move & groove.

Aqua Pilates: This movement program is designed to stretch, strengthen, and balance the body. You will focus on skeletal alignment; breathe control, muscular strength/flexibility and joint mobility through the complete range of motion of all joints. Buoyant equipment is used in this class. Beginners – Advance

Land Classes:

Energizer: Light Cardio, strengthening, & flexibility chair exercises for beginners.

Circuit Training: Class focusing on strength training, a great overall full body workout.

Having A Ball: Balance, stability and core exercises on an exercise ball. This is an advanced class, but can be modified to accommodate a beginner level member.

Mindful Movements: The gentle movement techniques introduced in this program are designed to help individuals move and speak with control. There is a focus on articulation for improved communication and a variety of movement strategies to aid in giving confidence to individuals with Parkinson's disease.

Strong & Sassy: Try this innovative class combining one of the best ways to strengthen the abs and back together, increasing stability and strength for a better workout with less injury using a stability ball. Add exercise bands to create and improve strength and flexibility for upper body while having fun!

*****Classes and instructors may change due to low attendance at any time*****