



Aquatic Fitness Classes for Adults

AQUAZUMBA

The rhythm and excitement of Zumba while you're wet! Great calorie burn for weight loss and overall fitness. HIGH INTENSITY

AQUACISE

Water exercise for all ages and levels. Incorporates strength training with aerobic benefits. A great way to improve fitness, can accommodate people with joint/spine issues through modifications for less impact on joints. MEDIUM to HIGH INTENSITY

GOLDEN WAVES

Water exercise designed for active older adults, all fitness levels, focus on core strength, balance and range of motion. LOW to MEDIUM INTENSITY

TWINGES in the HINGES

Arthritis Foundation designed program, no impact and not aerobic. Exercises are joint protective and focus on improving range of motion, flexibility, balance, posture and coordination. This class is for those new to an exercise routine and anyone who has compromised joints/health. LOW INTENSITY

MASTERS SWIMMING

For the adult swimming enthusiast who wants to stay in shape and maintain their competitive edge, the MASTERS swim group is for you. Coach led work-outs are designed to help you get the most of your workout. Lanes are organized by speed and pace. There is a place for swimmers of all speeds.