



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATIC FITNESS CLASSES FOR ADULTS

AQUACISE

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

AQUA BARRE

Aqua Barre uses a pool noodle as a ballet barre for stability while the certified instructor leads a variety of ballet inspired exercises to lengthen, strengthen and improve balance and range of motion. MEDIUM to HIGH INTENSITY

GOLDEN WAVES

Water exercise designed for active older adults. An excellent choice for those with joint/spine issues. Focus is increasing core strength, balance, and range of motion for all muscle groups and joints. Half of the class is taught with flotation in the deep end of the pool. LOW IMPACT AND LOW TO MEDIUM INTENSITY

TWINGES IN THE HINGES

Arthritis Foundation designed program with no impact and is 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