

Aquatics Exercise Class Descriptions

AQLITE	FINNING	MOVEIT OTB	MOVEIT
With Emphasis On Body Awareness And Keeping The Joints In A Stable Position You Reduce The Effort Required To Do The Exercises. By Using Floatation Devices And Very LightWeight Equipment This Class Is Great For People With Mobility Issues or Those New To Aquatic Exercise	Finning Is A Great Way To Tone And Strengthen Your Enitre Body. We Use Fins, Noodle, Kickboard, & More. This Class is Great For The Casual Exerciser Or The Athlete Who Wants To Improve Endurance &/Or Speed In The Pool. You Do Not Need To Know How To Swim To Participate In The Class!	Take The Moveit Class To The Deep End Of The Pool =Off The Bottom OTB. With A Few Changes You Get Cardio, Core Training, And No Impact On Your Joints! Not A Swimmer? No Problem! We Will Get You A Belt.	You've Got To Move It, Move It! This Class Offers The Benefits Of High Energy Calorie Burning And The Experience Of Cross Training In The Water, Reducing The Impact On The Joints, Specifically, The Knees. Set To Great Music It's Sure To Be A Fun Workout!
AQFIT	FUSION	SILVER SPLASH	SWIM & SWEAT
Exercise W/O The Wear And Tear On Your Body. More Challenging Than AQLITE AQFIT Uses The Natural Resistance Of The Water As A Great Way To Get In Shape Or Stay In Shape. Swimming Skills Are Not Necessary To Share In The Benefits Of Flexibility, Muscle, Toning And Cardiovascular Fitness!	Fusion Is For The People Who Like To Exercise To Good Music With A Lively Beat. It Has A Latin Flavor With A Little Pop. It Is A Choreographed Routine That Is Easy To Catch On To And Easy To Remember!	Another Great Class For Those With Impaired Mobility. This Class Moves Through The Range Of Motion, Stretches And Low Cardio.	Yes! The Goal Is To Sweat! The Variety Of Exercises & Equipment Allows For A Fast Paced Workout You Will Burn Calories!
AQSTRENGTH	RTHRITISK	CHANGE IT UP	
Work On Your Posture While Strengthening Your Core. Add Bands For The Strength Elemant	Just What The Doctor Ordered! This Program Is Geared For Anyone Who Could Benefit From Join Mobility And Muscle Strength For Daily Living. It Includes Accommodations For Individual Limitations And Does Not Encourage Activities That Might Aggravate Arthritis Symptoms	Using A Noodle, A Set Of Aqua Belles & A Kickboard You Get A Variety Of Exercises To Stretch, Strengthen And Soothe Your Body!	