

# Aquatics

## Aquatic Group Fitness Classes

\*\*\*BEGINNING MONDAY, SEPTEMBER 28\*\*\*

### **Aqua Fit Mix** (60 min):

This class is a combo of cardio, strengthening, flexibility, and balance using a variety of equipment. Great class for all abilities. (*Fitness Pool*)

**Tuesdays & Fridays:** 10:00-11:00 a.m.

### **Arthritis** (60 min):

This class is suitable for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength, and stamina. Most importantly, this class helps reduce pain caused by arthritis and improves overall health. Taught in warm water. (*Therapy Pool*)

**Mondays:** 11:30 - 12:30 p.m.

**Wednesdays:** 12:00 - 1:00 p.m.

**Saturdays:** 10:00 - 11:00 a.m.

### **Tabata** (60 min):

An interval training class that alternates 20 seconds of high intensity exercise with 10 seconds of rest. Great cardio experience that burns more calories and fat in less time compared to non-interval training exercises. Regardless of your fitness level, since you are working at your maximum effort, this is a challenging workout every time. (*Fitness Pool*)

**Saturdays:** 9:00 - 10:00 a.m.

### **Yoga/Pilates** (60 min):

This class combines Yoga and Pilates in the water. This class will help you improve flexibility and posture while also toning and strengthening muscles. Taught in warm water. (*Therapy Pool*)

**Fridays:** 11:00 - 12:00 p.m.

**\*Participants will need to sign-up for classes via GroupEx Pro. Sign-ups will be available one week prior to the start of the class.**