

# AQUATIC GROUP FITNESS CLASSES



## 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 & Thursdays: 11:30 a.m.—12:30 p.m.**

**Wednesdays: 12:00—1:00 p.m.**

**Saturdays: 10:00—11:00 a.m.**

## Aqua Blast (60 min):

Are you interested in Tabata? Fit Mix? Interval Training? All the above? Check out this class for a little bit of that, guaranteed to get your heart pumping for a great cardio workout! (Fitness Pool)

**Saturdays: 9:00—10:00 a.m.**

## Senior Splash (60 min):

This class includes a mix of classic water aerobics and strength training. Designed for the active older adult, but also great for the beginner. This is a low intensity, low impact class, taught in the warm water. (Therapy Pool)

**Mondays: 8:30—9:30 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)

**Tuesdays & Fridays: 11:00 a.m.—12:00 p.m.**



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