

# POOL CLASS DESCRIPTIONS

## LAP POOL CLASSES

**Aqua Boot Camp** - This class is a powerful, athletic mix of sports drills, circuits and intervals designed to improve your strength and stamina. An energizing, high intensity class that is a great cross training option that burns calories and delivers results.

**Aqua Ease** - Ease into the lap pool with this specialty class. This class is designed to provide a safe and inviting atmosphere in which to explore the classes and exercises appropriate in the lap pool. It is perfect for those who are ready to expand their pool programming from the therapy pool to the lap pool.

**Aqua Medley** - Mix it up with Aqua Medley – this lap pool class format combines all your favorite exercises, choreographed into groups, and varies the intensity, repetitions and or direction to create endless combinations and fun. Aqua Medley will enhance your overall fitness as well as improve your stability and balance in and out of the water.

**Aqua Mix** - This lap pool class uses a variety of techniques and pool equipment to increase aerobic capacity and muscular strength. Intervals, resistance equipment and suspended movements enhance your overall fitness level while keeping joints safe with low-to-no impact moves.

**Aqua Tabata** - Are you looking for a challenging workout in the lap pool? This motivating / intense class will encourage you to increase your exercise potential while taking advantage of the resistive properties of water. A Tabata is a 4-minute interval cycle: 20 seconds of high intensity exercise followed by a 10 second rest period, repeated 8 times. This class will provide you with 32-36 minutes of interval training. We recommend that new exercisers ease into this class.

**Aqua Zumba®** - Otherwise known as the Zumba® “pool party”, this is a lap pool class where traditional elements of aqua fitness are combined with upbeat Latin-infused dance moves for a safe, challenging, water-based workout. We'll focus on cardio-conditioning, body-toning and most of all, exhilaration!

**Interval Strength** - Increase your aerobic and anaerobic endurance, muscular strength and core stability with vigorous interval training. This lap pool class emphasizes proper form and posture while alternating between aerobic intervals (3-4 minutes) and strength intervals (2-3minutes) for a full body workout. We recommend that new exercisers ease into this class.

**Variety Challenge** - This motivating / invigorating lap pool class is a dynamic mixture of our regular class offerings. Expect the unexpected in each class as our instructors will present new combinations of your favorite classes that will leave you feeling energized. We recommend that new exercisers ease into this class.

**Water Power** - This high intensity lap pool class will challenge your cardio and endurance while using a variety of circuits and intervals to keep you moving and motivated. These workouts will focus on cardiovascular training, muscle toning, flexibility and coordination. We recommend that new exercisers ease into this class.

**Water Power and Abs** - All core, all the time – this lap pool class delivers the exhilarating workout of Water Power with an additional focus on core strength and stability. The movements in this class will challenge all areas of the core, not just the abdominals. We recommend that new exercisers ease into this class.

**Water Walking** - This low impact lap pool class will challenge your core while increasing your balance, coordination and flexibility. A variety of traveling exercises will offer a cardiovascular cross training workout. Increase the challenge with optional water equipment.

**Water Workout** - This lap pool class combines it all – basic moves, suspended moves, and pyramids for increasing cardio fitness, strength and core stability. The low-impact, yet powerful moves will integrate your coordination and balance while increasing your overall fitness level.

## THERAPY POOL CLASSES

**Ai Chi** - This warm water pool class combines slow, fluid movements, with similar postures to Tai Chi to create a relaxing and flowing experience for mind/body connection.

**Aqua Flow** - This warm water class incorporates moving meditation combining Tai Chi, Yoga, Pilates, core strengthening and/or mobility exercises. Noodles may be used for buoyancy, balance and/or resistance.

**Balance and Core** - In this therapy pool class, learn how to strengthen your core while improving your balance and strength in a safe, warm environment. A strong core improves the quality of daily activities.

**Fluid Motion** - Let yourself go in this therapy pool class designed to release tension and revitalize your soul! Unwind as the water supports and moves you while we work through breathing exercises, fluid movements and gentle stretching.

**Gentle Stretch** - Improve your mobility and posture with classic stretches designed to elongate your muscles. This therapy pool class incorporates gentle yoga-like moves while focusing on proper form and posture while stretching.

**\$ Integrative WaterPlay** is a specialty class based on the neuroscience of mind/body connection which supports the correlation between our thoughts, actions, and physical health. Utilizing the properties of warm water therapy combined with thought provoking activities, participants gain insight and direct experience of how they can cultivate a mindset and daily practice that fosters wellbeing moment to moment.

**Limber and Core** - This rehab-focused therapy pool class addresses all areas of the body with the intention of improving daily function and increasing flexibility and core strength. Utilizing all areas of the pool and a variety of equipment, you will improve coordination, balance, mind/body awareness, and mobility.

**Loose and Limber** - This warm water class is for anyone who may experience joint stiffness and discomfort in particular muscle groups. It focuses on gentle movements for those living with conditions such as arthritis, fibromyalgia and chronic back pain. Fluid movements designed to increase your range of motion and flexibility can be easily adapted for those with muscle tension and limited joint mobility.

**Water Yoga** - This mind/body class integrates slow, fluid yoga movements to help improve flexibility, balance, posture, and breathing. Come calm your mind and relax your body.