



## Aquacize Class Descriptions

### CLASSES INCLUDED WITH BASIC MEMBERSHIP

**Aqua Splash:** Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning.

**Water Volleyball:** Come and enjoy some friendly competition and get a great workout at the same time! A softer ball is used, and a sense of humor is more important than athletic ability!

**Water Walkers:** This is a self-guided program. Walking in the water offers several benefits over taking your typical stroll on land. Changing your water walking routine keeps it interesting while allowing you to work different muscles as part of the exercise. Walking patterns are available, please see lifeguard.

**Lap Swim:** Lap swimmers will follow open lap swimming rules. 1. Come to the pool expecting to circle swim/ share a lane. 2. Respect enforced 20 minute time limit when others are waiting for a lane. 3. Lane restrictions when combined with open swim.

**Open Swim:** During open swim members can enjoy the pool, exercise and socialize! Please be mindful of others in the pool during this time.

**Family Swim:** During family swim members are allowed to bring guests with them to enjoy the pool. This is the only time members may bring a guest under the age of 14, they must be supervised by the member at all times and young guests must be potty-trained!

### ADDITIONAL CLASSES TO ADD TO YOUR MEMBERSHIP

**\*Fee for classes. Please see Wellness Team for information.**

**Stronger Every Day:** This high intensity/impact class uses a variety of equipment (noodles, barbells, etc.). This class focuses on balance, coordination, range of motion, and muscle strengthening exercises.

**Making Waves:** This high intensity/impact class focuses on cardiovascular interval training to increase your overall endurance.

**Arthritis & Balance:** A low impact/intensity water workout for people with arthritis and arthritis-related health issues. In this class you will concentrate on joints and exercises designed to increase your range of motion. The class also includes a variety of exercises to strengthen core muscle and improve balance. This program is based on the aquatic exercise program recommended by the Arthritis Foundation.

**Relaxation Aquacize:** This low intensity/impact class uses a combination of Tai Chi, Pilates and Yoga movements to increase strength and flexibility. Enjoy a relaxing change of pace with this class. \*low intensity/impact class