Group Exercise Class Descriptions- Water

Aqua Cardio-Strength: A fast and fun workout combining intervals of cardio and strength in the water! Weights and other small equipment maybe used. Appropriate for all levels. **[45-50 min.]**

Aqua Circuit: This class offers a combination of different cardio and toning exercises using the resistance of the water to work your whole body. Weights or noodles may be included in this workout. Appropriate for all levels **[45 min.]**

Aqua Fiesta: An invigorating and fun low impact aquatic exercise to help you reach your fitness goals. It mixes traditional aquatic fitness with Latin and international music beats for a blend of cardio and resistance training. **[45-50 min.]**

Aqua Yoga: A gentle, beginner-friendly approach to Yoga suitable for all levels and conditions. This water-based non-aerobic class focuses on improving balance and core strength, as well as improving the mind-body connection. **[45-50 min.]**

Aqua Fun Friday/H20 Weights: These classes take place in our beautiful pool where the temperature is just right for Florida weather. They are designed to safely increase muscle strength and endurance and uses various pieces of equipment such as noodles, water weights, and gloves. All physical fitness levels welcome! **[45-50 min.]**

Water Walking: A cardiovascular workout performed in the refreshing pool. We will be walking the width of the pool doing various body movements to elevate the heart rate and keep it up. **[45-50 min.]**