

Water Fitness Classes

FEE: *Free to Full Facility Members*

Y Water Fitness (Shallow)

This high intensity cardio workout will improve flexibility, muscular strength and body toning.

Monday-Friday 8-9 a.m.

(Instructor-Val)

Deep Cardio Combo (Deep)

This cardio combo class combines strengthening and stretching in the DEEP water. This is a high intensity, high energy class.

Mondays 6:15-7:15 p.m.

Tuesdays & Thursdays 9:15-10:15 a.m.

Tuesdays & Thursdays 5:15-6:15 p.m.

Tuesdays & Thursdays 6:30-7:30 p.m.

(Instructor-Katherine)

Aqua Boot Camp (Shallow/Deep)

Whether you are in the need of some cross training or just want to challenge yourself, this class is part of a new trend of creative workout programs. Aqua boot camp combines intense water aerobics with circuit and interval training and intense attitude.

Mondays: 9:15-10:15 a.m.

(Instructor-Heather)

Endurance Swim

This endurance swim is intended for intermediate to advanced swimmers looking for an intense workout. This swim will involve sprinting, endurance and interval training under the supervision of a qualified aerobic instructor.

This is not a swim lesson, it is an aerobic workout.

Fridays 9:15-10:15 a.m.

(Instructor-Heather)