

Water Aerobic Descriptions

Aqua Fit (*Power H2O*): High Intensity class with water experience required.

Aqua Suspension (*level 3*): Buoyancy belts are used to suspend your body in the water, while you perform various exercises. Swimming knowledge required.

Arthritis Phase 1 (*level 1*): Designed to increase range of motion and improve muscular endurance and strength which is great for people with knee, back or other physical limitations.

H2O Cardio Class (*level 2 to 3*): A mix of traditional water moves with intensity intervals and constant resistance of the water.

Happy Mussels (*level 2*): One step away from traditional group exercises, this class uses challenging low impact moves to make a great cardiovascular workout.

Water Walking (*level 1*): Smooth rhythmic movements designed to increase strength and flexibility