

Water Exercise Class Descriptions

Water Walking: *(Level 1)*

Smooth rhythmic movements designed to increase strength and flexibility.

Arthritis Phase 1: *(Level 1)*

Designed to increase your range of motion and improve muscular endurance and strength. This is great for those with knee, back or other physical limitations.

Happy Mussels: *(Level 2)*

This class is one step away from traditional group exercises. It uses challenging low impact moves to make a great cardiovascular workout.

H2O Cardio: *(Level 2-3)*

A mix of traditional water moves with intensity intervals and the constant resistance of the water.

Aqua Suspension: *(Level 3)*

Buoyancy Belts are used to suspend your body in the water, while you perform various exercises. Swimming knowledge required.

Aqua Fit: *(Power H2O)*

This is a high intensity class; water experience required.

Aqua Sculpt: *(Power H2O)*

Sculpt your body in the pool. Use the resistance of the water to shape, tone and develop muscle strength and flexibility.

Aqua Step: *(Level varies)*

This class will be using Water Aerobics Moves on a step in the pool. The intensity and level will vary to fit the needs of the participants.

Master Swim: *(Coached by Terry Kominsky)*

This is a coached workout for proficient adult lap swimmers. The hour includes interval and endurance training.