

AQUA FITNESS

45 Minute H2O Blitz (18Y+)

A high intensity, low impact water workout with swimming lengths, water aerobics and water running to give you total-body conditioning. Great for all levels and abilities! Taught mostly in shallow water with some deep water activities.

M	May 3- Jun 28	08:15 PM-09:00 PM	\$76/8	[17984]
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Baby and You Aquasize (18Y+)

Learn safe and fun exercises you can do in the water with your baby. Includes basic aerobic conditioning, strengthening and stretching. Babies 6M-18M are welcome.

Tu	May 4- Jun 22	10:15 AM-11:00 AM	\$76/8	[17986]
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Th	May 6- Jun 24	10:15 AM-11:00 AM	\$76/8	[17987]
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Pool-ates Level 1 (16Y+)

Experience the principles of Pilates... in the pool! Unique adapted exercises for all ages and abilities to elongate and condition the entire body. Basic principles include breathing, pelvic and rib cage placements, scapular movement and stabilization, and head and cervical placement. Focus on learning and using the proper technique to discover core strength and flexibility.

W	May 5- Jun 23	08:15 PM-09:15 PM	\$89/8	[17988]
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