

Swim

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	Jan 11-Mar 1	08:15 PM-09:00 PM	\$67/7	[16852]
M	Mar 8-Apr 26	08:15 PM-09:00 PM	\$76/8	[16853]

50 Plus and Fabulous Aquafit (50Y+)

A shallow water workout for the young at heart. Work at your own pace to increase strength, endurance, flexibility, balance and movement.

W	Jan 13-Mar 3	12:15 PM-01:15 PM	\$89/8	[16854]
W	Mar 10-Apr 28	12:15 PM-01:15 PM	\$89/8	[16855]

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	Jan 12-Mar 2	10:15 AM-11:00 AM	\$76/8	[16856]
Th	Jan 14-Mar 4	10:15 AM-11:00 AM	\$76/8	[16857]
Tu	Mar 9-Apr 27	10:15 AM-11:00 AM	\$76/8	[16859]
Th	Mar 11-Apr 29	10:15 AM-11:00 AM	\$76/8	[16858]

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	Jan 13-Mar 3	08:15 PM-09:15 PM	\$89/8	[16860]
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Pool-ates Level 2 (16 Y+)

An intermediate class to build on the basic principles taught in Pool-ates Level 1. More challenging and quicker than Level 1 (includes some new exercises). Prerequisite: Pool-ates Level 1.

W	Mar 10-Apr 28	08:15 PM-09:15 PM	\$89/8	[16861]
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