

# AQUATIC CLASS DESCRIPTIONS

LAP/EXERCISE POOL 82-84 DEGREES \* THERAPY/EXERCISE POOL 92-94 DEGREES \* JACUZZI POOL 102-104 DEGREES

■ 1-2 Lap lanes available at all times ■ Swimming lessons & group private lessons available.

■ Physical Therapy is on-going in the therapy pool: Mon. & Wed. 9AM – 5:30PM ~ Tues. & Thurs. 8:30AM - 5PM ~ Fri. 9AM – 5PM.

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**Active Agers:** Get a full-body workout using water's resistance to improve cardio, strength, and endurance.

**Afternoon Delight:** A full-body, moderate workout focusing on cardio, strength, balance, coordination, and mind/body awareness.

**Afternoon Walk:** Structured, no-impact movements and patterns make for various water-walking techniques and challenges.

**Anything Goes:** Join us for an exciting class featuring diverse cardio and strength workouts designed to keep your body guessing!

**Balance/Chi Connection:** Pilates/Yoga with props boosts balance and core strength, while Ai-Chi improves posture and relieves stress.

**Barre None:** Utilize ballet, yoga, and Pilates-inspired stretches to lengthen and strengthen muscles. This sequence engages the core for balance and enhances flexibility.

**Boot Camp:** This class utilizes water's buoyancy, resistance, and movement for core-strengthening, muscle-toning, flexibility, and cardio exercises. Swimming ability is recommended but not required. All levels are welcome.

**Cardio/Core:** Elevate your heart rate, strengthen your core, and improve posture with joint-safe exercises and muscle isolation techniques.

**Deep Water Transitions:** Welcome to the Deep Side! Work out in chest-deep water with cardio, toning, and core exercises, maximizing resistance for strength and definition.

**Deeply Fit:** Deepwater stationary and traveling moves provide a cardio, strength, and core workout in vertical, diagonal, and supine positions. The use of a belt is highly recommended.

**Energy:** A slow-paced class enhancing circulation and joint mobility while improving posture and balance. Boosts the immune system and supports chronic health conditions.

**Family Swim Night:** Bring your friends and family and join us for a fun night in our indoor pools! Parents must stay in the pool area for children under 15 years of age. Swim diapers must be worn if the child is not potty trained. Please bring your own life jackets if needed. Everyone welcome! Milestone members: Free | Adult Non-members: \$10 each | Children: \$5 each

**FITness:** Join us for a fun and lively session of singing while enhancing your cardio-respiratory endurance, core strength, flexibility, and balance! Equipment will be used for added variety.

**Get Pumped:** Power-packed high-intensity shallow water workout. Join in on this fun, fast, and fabulous aquatic workout!

**HIIT:** This High-Intensity Interval Training (HIIT) class features short bursts of intense exercise alternated with rest periods.

**Hump Day Workout:** Start your Hump Day off right with this fun aquatic class! All levels are welcome.

**Motion:** This class combines cardio and strength movements designed to maximize water resistance, build muscle, and boost heart rate for an effective workout.

**Neuro:** Designed for individuals with Multiple Sclerosis, Parkinson's, Alzheimer's, Dementia, and other neurological conditions, this class features full-range stretching and toning exercises.

**Noodle:** Come rest, relax, stretch, and breathe in this 20-min class. Scheduled between the 9:00am and 10:15am water exercise classes, participants can come for one, two, or all three classes for a total body, mind, and spirit experience.

**Pilates Feldenkrais:** Deepen your core strength and enhance your movement awareness in this Pilates-based class.

**Pool Pyramid:** Join this exhausting but fun high-intensity interval training class. Open to all fitness levels.

**Strides and Stretches:** Water walking and stretching for an ideal blend of low-impact cardio and flexibility.

**Water Wellness:** (Arthritis/Fibromyalgia): Strengthen, tone, and stretch with a full range of motion in this relaxing class. It will leave you feeling great! This class follows Arthritis Foundation guidelines.