

## Class Descriptions

### Aerobic Stretch

Start in the shallow water warming up and getting some cardio. Move into the deep to take advantage of some no-impact moves (you only need to go as deep as you feel comfortable). Finish with some toning and stretching.

Cardio	■	■	■	■	
Balance   Flow	■	■			
Sculpt   Tone	■	■			
Dance   Rhythmic	■				

### Aqua Dance Party

Splash your way into shape with this invigorating low impact pool party. Get Wet. Get Down. Get Fit. This fun class is taught in the shallow water.

Cardio	■	■	■		
Balance   Flow	■				
Sculpt   Tone	■				
Dance   Rhythmic	■	■	■	■	

### Deep Water Sweat

This no-impact, deep water class will get you moving and sweating. Class utilizes various intervals of work to help increase your calorie burn, overcome plateaus, and strengthen your heart. For participants of all skill levels as all moves are easily modified.

Cardio	■	■	■	■	
Balance   Flow	■				
Sculpt   Tone	■	■	■		
Dance   Rhythmic					

### Groove Time

Groove to the sounds of the 60s, 70s, and 80s while you work your whole body in this low impact, shallow water class.

Cardio	■	■	■		
Balance   Flow	■				
Sculpt   Tone	■				
Dance   Rhythmic	■	■	■		

### Just My Speed

Aerobically strengthen and tone all muscle groups. This is a shallow water class. Intensity level is adjusted to best fit the participants present.

Cardio	■				
Balance   Flow	■	■			
Sculpt   Tone	■				
Dance   Rhythmic					

### **Power Pyramid**

This no-impact, deep water classes moves quickly! Eight moves are stacked together then removed through a series of 15 rounds. Bring your water and prepare to sweat!

Cardio	■	■	■	■	
Balance   Flow	■				
Sculpt   Tone	■	■	■		
Dance   Rhythmic					

### **Tabaqua**

This no-impact, deep water class uses the Tabata interval method. Burn calories, increase metabolism, and break through your training plateaus. For participants of all skill levels as all moves can be easily modified.

Cardio	■	■	■	■	
Balance   Flow	■				
Sculpt   Tone	■	■	■		
Dance   Rhythmic					

### **Water Sculpt at Night**

This shallow water class is specially scheduled at night! Move your body, work your muscles, groove to music, and build friendships! For participants of all skill levels as all moves can be easily modified.

Cardio	■	■	■		
Balance   Flow	■				
Sculpt   Tone	■				
Dance   Rhythmic	■	■			