

Class Descriptions

Aqua Kickbox: *Experience the power, energy and punch into this cool boxing water workout. This class is packed with kicks, punches and drills. All fitness levels welcome.*

Children's

Swim Lessons: *Eight half hour lessons for \$80. All children must be on membership to participate. Sign up located at the front desk.*

Deep Water: *An invigorating water exercise class that uses the buoyancy and resistance of the water for a safe, fun workout. Great for those with back, knee and joint problems as well as prenatal women.*

Gymstick™

Power: *Utilize the incredible new fitness tool, the Gymstick, for an extraordinary water workout encompassing: cardiovascular fitness, strength training, core stability, balance and flexibility.*

Liquid Fit: *A challenging and vigorous workout using the water as resistance as well as equipment such as noodles, hydro-bells and, dumbbells.*

Swim for

Fitness: *A coached practice consisting of drills and exercises to increase your fitness level and improve your stroke technique. All levels are welcome. \$30/quarter. Pre-Registration is required.*

