

# Class Descriptions

- Aqua Kickbox:** Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches and drills. All fitness levels welcome.
- 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.
- Aqua Bamba:** Immerse yourself in a low impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!
- Liquid Fit:** A challenging and vigorous cardiovascular workout using the water and other equipment such as noodles, hydro-bells, and dumbbells for resistance training.
- Swim for Fitness:** A coached practice consisting of drills and exercises to increase your fitness level and improve stroke technique. All levels are welcome. \$30/quarter. Pre-Registration is required.

