

SHALLOW WATER PROGRAMMING

Cardio Splash - Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

Cool Choreography - Creative choreography that is fun to follow and keeps you warm. Crank up the intensity without overloading your mental circuits.

Extreme Power Workout - Fast paced cardiovascular aquatic workout utilizing equipment for muscular strength training, toning and stretching.

Aquanautica - Fluid dance format to transport your workout into an energizing hour or creative movement in the water.

Aqua Basics - Back to the Basics, But with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness training.

Innovative Power – Stay grounded! Powerful, low impact moves provide another dimension to your aquatic training

www.fun - The **w**ater **w**alking **w**orkout is easy to do and **fun** for everyone. You may not be able to walk on the water but you can definitely walk in the water!

Aquatic Free-Style - Cruise into Cardio-Riffic shape with this fun and free-style format of shallow water training. Get pumped without concentrating on the “next move!”

DEEP WATER PROGRAMMING

Doing It Deep-Elite Training - Challenge the white waters and thrashing currents of DEEP power and fun! Advanced level deep water program.

Cardio Abs Deep Water - Go back to the “Core” and learn the latest innovations in the deep! Combines deep water cardio moves and abdominal techniques.

Deeply Fit - Athletes *and* beginners - take the plunge. Deep-water running and traveling guaranteed to challenge your body, your core muscles, and your stamina.

Deep In Drag! – Added resistance from drag equipment allows you to take your deep water training to another level. Cardio, strength & core stability are challenged!

SPECIAL POPULATIONS

Great Expectations – Geared especially for pre-natal women, this moderate intensity format allows you to adjust the workout as your needs change. Expect great results!

EZ Aqua - Warm water gentle movement. Just what the doctor ordered for arthritis, fibromyalgia, diabetes, high blood pressure, or pre/post surgery.

Aquabilities - Get an awesome water workout without all the jumping! Improve strength, balance and function using the built in equipment of the water

Arthritis Aquatic Activities - Triple-A workout includes gentle movements in the water that target range of motion and comfort. Specifically for those with Arthritis.

OLDER ADULTS

Splash Social - Water walking at your own pace is the order of the day. All the fun of a going out to lunch without the calories or the check!

Aqua S.M.I.L.E – Slower Moves, Impact Lowered Exercise in the pool provides a fun yet challenging workout for all levels.

Golden Years Aqua Circuit – Circuit training combines strength and aerobic activities in a fun format. Physical and mental benefits in a social environment.

KIDS

1-2-3! Splash with Me! - Parent & child format provides quality time and fitness benefits in a splashingly good time! Children ages 3-6; Parents of any age!

AquaBabes – Safely explore options for pool activities for the 6-month/1-year old babe and post-partum moms. Combine fun, fitness and family time.

Children's Fun and Fitness – Not a swim class! Designed to help children learn how to play safely in the water and feel the benefit of exercise. Ages 6-9.

SPORT/HIGH INTENSITY

Aquatic Boot Camp – High Intensity training to target every part of your body. Be prepared to sweat, even in the pool. We are looking for a few good men & women!

SportSPLASH - A workout worth getting off the bench. Try baseball, soccer, boxing and more with a new twist - just add water!

Power Waves - An intense aqua workout with interval training, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

Aqua Jocks- Jump, Pump, Kick and Jab your way to a high powered aquatic workout! And get real . . . your hair will get wet!

JAB Wet - Aquatic boxing workout will give you the workout of champions! Focus your energy, push past your limits and feel the power behind the JAB!

Aqua Box Basic Training – Basic Boxing Training + Aquatic Principles + Fun = Increased Intensity. Get out of the corner and into the pool.

MIND-BODY PROGRAMMING / STRETCHING

Fluid Moves - Energize and tone your entire body with movements based on a variety of disciplines: Tai Chi, Yoga, Pilates, Ai Chi, Dance and more.

Strength, Length & Posture – Low impact class that will leave you feeling stronger, taller and more flexible.

AquaZen - Combine the best of Yoga, Pilates and Tai-Chi with the warm water. Includes stretching, balancing, postures and core work in the pool.

Stretch Your Potential - Stretching in the water is a wonderful way to relax tired, tight muscles. Increase flexibility while reducing tension.

CIRCUIT/INTERVAL TRAINING

Aqua Interval Challenge – Aerobic activities mixed with high-energy anaerobic training. Easy to follow - challenge your workout and improve overall fitness.

Aqua Training Camp - Shallow water class combine various types of resistance and cardio training for a complete circuit class with added fun and excitement.

Ultimate Intervals - Various aquatic training options to create a challenging advanced fitness program. Convince even the most skeptic that water really WORKS!

Aquatic Circuit Innovations - Electrify your training with this high voltage format of cardio and strength training in the pool!

Short Circuit Power - This program blends the best of both worlds; cardio and strength. Plug into the Circuit and feel the power!

STRENGTH/RESISTANCE TRAINING

Aqua Tone & Stretch - Increase muscles definition, burn calories, improve flexibility as well as overall feeling better. Leave feeling refreshed, stretched and energized.

Aquasurge – Feel the surge of power in water body sculpting with this equipment-oriented program. Utilize a variety of tools to target all muscles groups

Ab-mazing Aqua - Focus on the abdominals with standing, supine and wall exercises that incorporate your body and the pool . . . with & without additional equipment!