2020 WATER EXERCISE CLASS DESCRIPTIONS

**Aqua Power**  Join this moderate to intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility. Instructor Teri, meet in Lap Pool.

**Deep Water**  Higher energy class in the lap pool for 45 minutes of strength and endurance training based on each individual's fitness levels. Whether you have been exercising for years or are just starting a new fitness program you will enjoy the energy and variety this class has to offer. Instructor Charles, Sue and Barb meet in Lap Pool Deep End.

**Early Energizers**  Start this water class by warming up in the channel then head to the deep pool for a guaranteed challenge by traveling through the water to maximize your stamina. Instructor Carrie & Sue, meet in Leisure end in Lap Pool on occasion.

**H2O Transformers**  Warm up in the leisure pool transitioning to the lap pool for balance, strength and toning. Belts, balance boards, noodles and other equipment used. Instructor Patty, meet in splash down in the Leisure Pool end in Lap Pool.

**Master Swim**  Adults (17 & over) class for fitness swimmers, triathletes, & competitive or previously competitive swimmers. Class emphasizes improving stroke technique, swimming endurance while having fun in a group setting. Workouts for different levels/speeds are offered. If you have any questions contact Coach Beth bbeth.eldridge@yahoo.com. Meet in Lap Pool.

**Pilates Stretch/Wet**  The water is the perfect medium for performing motions that gently improve alignment, posture, and balance. This is a low to non-impact, non aerobic class suitable for all fitness levels including those with balance challenges on land. **Entry class** held each Friday. When appropriate the instructor will move you to the **Advanced** class offered on Tuesday. New Participants Please arrive 15 minutes prior to class to meet with Instructor Bjo. No late arrivals, Thank you. Meet in Leisure Pool.

**Rusty Hinges**  Keep your joints moving, restore flexibility, strength, and protect your joints against further damage by exercising in shallow water. Instructor June, meet in Leisure pool.

**Silver Sneakers Splash**  Improve your agility, flexibility and cardiovascular endurance through this shallow water exercise class. Instructor Nicky, meet in Leisure Pool.

**Stroke Re-growth**  Stroke recovery participants discover and share drills together to enhance their re-wiring. Body mechanics are studied to relearn simple and intricate movements of daily life. The water is a friendly environment for stability and resistance. New Participants Please arrive 15 minutes prior to class to meet with Instructor Bjo. Meet in Leisure Pool.

**Perky Parks**  This class is designed to address body mechanics that help with everyday life needs. It offers aerobic work and skill work that is fun and social. Instructor Bjo. Meet in Leisure Pool.