

**Aqualates with Judy and Tamara** – Aqualates incorporates Pilates’ principles with modern anatomical guidelines and physical therapy practices to form a standalone system of aquatic exercise. This workout includes exercises derived from traditional Pilates as well as exercises created exclusively for aquatics. In addition to emphasis on shoulder girdle stabilization and activation of the core musculature to support a neutral spine, this 3-D workout challenges balance, coordination and peripheral strength in all planes of motion.

**Aqua - Fit with Jen** - This class emphasizes total body conditioning using the natural resistance of the water. Participants can vary their own pace to suit their unique goals and needs. This class consists of a 10 minute warm-up with stretching, 20 minutes of cardio work, and 20 minutes of strength training, cool-down, and more stretching.

**Aqua Easy with Linda**- A water aerobics class intended for those who want a gentler exercise experience in the water. It includes stretching, a cardio portion, and toning for the upper & lower body. Exercises are adaptable to ability and fitness level.

**Aqua Easy with Marisa and Christie** - An enjoyable water aerobics class adaptable for all ages for a gentle to moderate workout. This 45 minute class includes: 10 minutes of stretching the whole body, a 20 minute cardio workout, 10 minutes of body toning, and 5 minutes of stretches

**Arthritis Foundation Aquatics Class with Tamara** – This class is perfect for individuals with limited mobility, decreased joint movement, or those looking for a low intensity exercise program. We will slowly work through each joint and muscle group to help increase your performance with everyday activities. Come join the fun!

**Jammin’ With Jamie** ~ Let your heart rate and spirits ***RISE*** with the Sun! Cardio, toning and stretching to great tunes ~ Energize your day!

**Morning Water Aerobics with Tamara**- A fun-filled 45 minutes class that will give you a complete workout- cardio, strength and flexibility- before you need to start your day. All fitness levels are welcome.

**Wake up with Judy** ~ Forget that morning cup of coffee, come get your hit of *Mental and Physical Espresso!* A high energy class to, wake you up, and get you moving for the day. This class includes a significant portion of cardio to get your heart pumping. Toning for major muscles then followed by a stretch.