

Warm Water Pool Class Descriptions

*All Warm Water Pool Classes are Open to Members free of Charge
See the Front Desk for Information on Lap Pool Programs*

Aqualates with Judy ~ 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 Easy with Doreen, Christie and Marisa ~ 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.

Shimmin' and Shakin' with Drew ~ Escape from those work-week doldrums with Draw's high energy routines designed to strengthen limb and core muscles, improve range of motion and reflexes, and provide cardiovascular conditioning, all accompanied by classic rock n roll tunes. The hour will elevate your spirits as well as your physical fitness.

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.

Water Aerobics with Dianne ~ Begin the week with an easy-to-follow, high-energy, fun filled workout while listening to the oldies! Come join in on the fun for an hour, and get a great workout to boot!

Water Aerobics with Erica~ An easy-to-follow, high-energy workout that will make your heart (and your head!) happy. Expect a 5 minute warm-up, 35 minutes of exercises to strengthen your heart and tone your muscles and a 5-10 minute cool down.