



exercise is evolving... come along for the ride!

underwater treadmills • underwater bikes
stretch cord stations

increased aerobic capacity • enhanced cardiovascular efficiency • improved flexibility • multi-dimensional resistance • reduced joint compression • increased muscle contraction • improved muscle balance • hydrostatic pressure massage • high intensity—no overheating • maintain conditioning while recovering from injury

COURSE DESCRIPTIONS

Traditional Water Fitness (you, the water, & occasional water weights/buoyancy aids)

Aqua Aerobics. Moderate- to high-intensity cardiovascular workout to help you burn fat, tone muscle & strengthen your heart. Shallow water, variety of equipment.

Aqua Interval. Rigorous shallow-water workout provides cardio & strength training all in one. Alternating aerobic & strength segments.

Wave Runner. A challenging cross-training class that uses both shallow and deep water. A total-body cardio workout plus strengthening & toning exercises.

Deep H2O. An intense, deep-water exercise program. Much of the class consists of water jogging as well as stationary leg, arm, & abdominal training exercises, designed to promote cardiovascular, respiratory, and muscular conditioning.

Arthritis Aquatic Exercise. Great for treating any form of arthritis or for those completing physical therapy. The exercises in this class help increase range of motion and minimize pain and stiffness.

Aqua-Cycling (utilizing our revolutionary underwater stationary bikes)

Power Lunch. A high-intensity workout filled with hearty helpings of cardio, strength, and toning.

Who Needs Java? This class will give you enough energy to get through the day, sans espresso!

Not So Desperate Housewives. A combination of cardio, strength and toning for the woman (or man) who knows fitness is the key to happiness.

Weekend Warrior. The only thing on your agenda will be a great cardio & strength workout.

Take It To YOUR Limit. A strength and endurance class: you do the work; you get the results!

Breakfast of Champions. This class is better than wheaties! Loaded with cardio & strength.

Specialized Training (high-intensity workout programs geared to a specific purpose)

Triathlon Training. Build (or maintain) endurance in all disciplines: swimming, aqua-cycling, and deep-water running, as well as training strategies.

Swimmer's Strength Clinic. Dry-land strength exercises targeting the muscles most important to swimming—improve your power and endurance.

Endurance Boost. These coached workouts focus primarily on building strength and endurance, with some work on stroke technique.

Aqua Boot Camp. High-intensity water- and land-based workouts to get you into shape FAST!

Fit For Life. Make lasting changes in your lifestyle that will give you more energy, more confidence, and longer life! Includes water- and land-based workouts.

Adult Mini-Camp. Improve your swimming technique and get more from your workouts. Heavy emphasis on stroke technique, drills, individual coaching, and interval training techniques.