Swimnastics
Program designed for all people. Low to moderate intensity exercise program emphasizing overall conditioning, endurance and strength. No need to know how to swim.

Deep Water Aerobics
No need to fear “The Deep”! This no-impact class progresses from light to moderate intensity, and is held in the deep end of the pool. Participants are required to wear a flotation belt for the class.

Water Cardio
A moderate to high intensity class held in the shallow end of the pool. This class offers a high energy cardio workout, as well as great toning and flexibility cool down.

Aquarobics
Low to medium impact water aerobics suitable for all fitness levels with an emphasis to raise the heart rate and improve aerobic capacity. No need to know how to swim.

Body Shaping/Weight Training
A fun, challenging weight training class that focuses on improving strength, flexibility, posture and balance. This class is appropriate for all fitness levels, beginners are especially encouraged.

Deep Water Running
Like to run, but not the toll it takes on your joints? You never have to worry about rain, sleet, or ice again! This interval-style class is held in the deep end of the pool and provides the participant with a total body workout while using the natural resistance of the water. Participants are required to wear a flotation belt for the class.

Going Ballistic
This full body workout on the fitness ball is designed to improve strength, posture, balance and flexibility. Great for all fitness levels.

Full Body Flexibility
Stretch your muscles head to toe to improve flexibility, balance and range of motion in this relaxing class.

PiYo
This is an athletic fusion-style strength and flexibility mat class, which blends Pilates, Yoga, dance conditioning, strength training and dynamic balance into an up-tempo “flow”. It combines energetic, powerful moves into a fluid, challenging and safe workout that is appropriate for all fitness levels.