

Community Service Classes

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.

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.

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.

WERQ

WERQ is a fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm-up previews the dance steps and the cool-down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so WERQ is safe and effective.

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.