

Community Service Classes

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 floatation belt for the class.

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.

Full Body Flexibility

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

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.

Going Ballistic

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

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.