

Therapy Pool

Group Exercise Class Descriptions

Next Level Noodle— Aquatic class with creative cardio, targeted toning, and core concepts all with the pool noodle. Modifications for all ability levels in this fun-focused, total body conditioning class

Aqua Kick-Boxing— A great class that combines elements of traditional kickboxing with the benefits of water resistance. It involves performing kickboxing moves, such as punches, kicks, and other martial arts techniques all in the water.

Low Intensity Water Aerobics— Aquatic class designed to improve cardiovascular fitness, strength, flexibility, and overall well-being. Great for anyone look to get started in aquatic classes.

Aqua Upper Body & Core—Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Integrating unilateral and bilateral upper body moves and impact variations for core training.

Aqua Yoga— Take your ordinary yoga class and add an aquatic twist. Focusing on mobility and core engaging. This low intensity class is great for all levels.

Aqua Power— This high intensity class will test your cardiovascular fitness and work on building strength. Great class for anyone looking for a high intensity workout.

Pool Closed—Anytime the schedule shows “pool closed”, no members will be able to access the pool. It could be closed for many different reasons.

Open Pool—Anytime the schedule shows “open pool”, the pool will be open for any active member over the age of 18 can use the pool for their own personal purposes. Be considerate of other members during this time.