



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aqua Fitness Class Descriptions

Aqua Ashtanga Flow – Challenge your balance, increase your movement, and focus on your breath in this water-based yoga class. Practicing in the pool, this class will incorporate both balancing postures (asanas) and flow sequences (i.e. Sun Salutation).

Aqua Boot Camp – Join us for a dynamic 30-minute aqua session designed to kick-start your cardio and ignite your muscles with interval bursts and core activation exercises. Experience the resistance of the water as you power through each movement, engaging your entire body without putting strain on your joints.

Aqua Fusion – Combines invigorating water cardio with the calming practice of aqua yoga for a balanced, full-body workout. Improve your cardiovascular health while enhancing flexibility, strength, and balance in this unique blend of high-energy and mindful movement. Perfect for all fitness levels, it's a refreshing way to tone both body and mind!

Deep Water Wellness – Your body will love you (cardio without impact on your joints!), your spirit will thank you (great people!) and your mind will take note to come back again and again.

Mindful Motion – Stretch your definition of a good stretch. Come try it in the water! Be in the pool and be in the moment as we fuse yoga and Pilates to give your core the strength it needs for the day.