

STRENGTH / RESISTANCE TRAINING / CARDIO		AQUATIC FITNESS	
CARDIO KICK (40M)	Dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity, learn conditioning drills that improve your strength, agility and quickness.	ARTHRITICS (45M)	Designed to help those with arthritis and other mobility conditions maintain a good posture, a range of motion, general strength and cardiovascular stamina. All the while in a warm pool which helps soothe sore joints and bones.
CORE de FORCE (40M)	This MMA inspired total body workout uses core conditioning combos, bodyweight moves, and cardio spikes to harness the power of your core.	AQUACISE (40M)	Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.
CORE & MORE (40M)	Just like it sounds, this class will have a core focus; however, each week the instructor will add a secondary body part to provide variety and keep the body guessing each class.	AQUA-TABATA (40M)	Just like the land version, this high-intensity class will combine toning with cardio intervals and core exercises.
DB CIRCUIT (40M)	This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.	DEEP H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact
HIIT (40M)	This class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.	FIT SWIM (40M)	coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class
MORNING MIX (1HR)	1 full hour of toning, cardio, core strengthening, balance and stretching. Something for every level and a great way to meet new friends and challenge your limits	Mind & Body Classes	
RIP (40M)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms	BEGINNER YOGA (45M)	Starting with the building blocks of yoga: alignment, breath work, and movement. Students will learn the basic yoga postures through step-by-step verbal descriptions and demonstrations with an emphasis on student safety.
SUPER SWEAT (1HR)	A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly along with the instructor to keep your body and mind fresh week to week.	HATHA YOGA (40M)	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals.
SPIN (40M)	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience. This is a safe and effective workout for ALL fitness levels.	YIN YOGA (40M)	Yin Yoga is a gentle and relaxing all level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.
TRANSFORM (40M)	This group fitness workout is an intermediate-level, music-driven, 40-minute class that uses a step to ramp up the calorie burn while targeting your core, legs, glutes, and upper body no weights required!	FLOW YOGA (60M)	Flow Yoga is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Flow classes offer a nice variety of postures and is set to soft pop music. You will be coached every step of the way towards each position.
ZUMBA (40M)	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms — to help improve cardiovascular fitness.		
Speciality			
Strong Moms (40M)	This program is designed to bring fitness and balance to new mothers as they bond with their babies. This program enables new moms to have an opportunity to build an emotional connection with their baby and meet other new moms. This class is for moms and babies, age 3 months and up		
Postnatal Rehab (Land)	Your postpartum recovery doesn't have to be complicated. In fact, we'd prefer that you start with the basics. Your body has changed, and the goal of this class is to help you start small as you re-lay the foundation for proper body function.		