

## Water Aerobics Class Descriptions:

**Aqua Tone and Tune:** stretching, aerobic exercise, strength and flexibility exercises for head-to-toe health. Class concludes with a cool down; moderate to high intensity.

**Cardio/Core Challenge:** aerobic exercise and resistance exercise for core, abdominal and back muscles; moderate to high intensity.

**Cardio/Core Conditioning:** aerobic exercise and resistance exercise for legs, arms and core muscles; moderate intensity.

**Cardio and Muscle Toning:** aerobic exercise plus exercises targeting arms, legs, glutes, abdominals and back; moderate intensity.

**Deep Water Works:** use of flotation belts to suspend participants in deep water for a no-impact workout including cardio and muscle strengthening; moderate to high intensity.

**Our Inspiration MS:** geared to those challenged with multiple sclerosis. Use of motion and movement theory and conditioning, deep breathing, balance and stretching exercises; low intensity.

**Power Aquacise:** vigorous aerobic/ cardio workout in shallow and deep water; moderate to high intensity.

**Silver Waves:** exercises and resistance training to improve flexibility, endurance, range of motion, coordination and muscle tone; low to moderate intensity.

**Silver Ripples:** a joint-safe, low impact workout in chest deep water. Focus is on balance, endurance and strengthening; low intensity.

**Simply Arthritis:** exercises for people with arthritis (including fibromyalgia), exercise beginners and post-surgery participants. Focuses on joint movement, flexibility, conditioning, balance and coordination; very low impact.

**Super Saturday Splash:** high energy aerobic exercise for a total workout; moderate to high intensity.

**Y Angels:** exercise includes stretching, range of motion, core strengthening and aerobics; low to moderate intensity.

You must be at least 13 years old to participate in exercise classes. Monthly schedules are available for specific class times and days at the member services desk.