

Fit-N-Wise Aquatic Fitness Classes-2020

Aqua Mix- This class offers a variety of formats that include cardiovascular endurance, strength, balance & flexibility. Join us for a stimulating workout that covers all your fitness bases.

Wednesday 9:15-10:00 am Fitness Pool

S.P.A. Class (Strength-Power-Agility)- This medium to high intensity class will focus on developing strength, power and agility using a myriad of aqua equipment to help tone and strengthen all the muscles groups in the body. Perfect for those just beginning water exercise or those who want to focus on building muscle strength and agility. **Tuesday 9:15 am Fitness Pool**

Mind/Body/H2O- This class will combine elements of Tai chi, Yoga, and Pilates to connect the body and mind to increase joint mobility. Perfect class for anyone who wants to strengthen their core, decrease joint stiffness or improve mental clarity. **Thursday 9:15 am Fitness Pool**

Deep Core- For those wishing to experience a more challenging workout, this deep water is a medium to high intensity class. Work with buoyancy belts, cuffs, noodles and hand buoys. Swimming skills are not necessary, however should be comfortable in deep water.

Monday-Wednesday-Friday 10:15-11:00 am Lap Pool

Silver Fins- Feel better physically and emotionally in this low intensity water fitness class. A shallow water class offering lots of fun while improving agility, flexibility, and cardiovascular endurance. No swimming ability is required. This fun class is designed especially for 55 and older. **Monday-Wednesday-Friday 11:15-12:00 am Fitness Pool**

Water DYNAMICS- Please come join us for a loud and high intensity class for those wanting a total body workout that combines vigorous cardiovascular exercise with muscle toning and stretching. This class is not intended for beginners, but for those wanting an extreme intensive workout. Join Linda for a fast paced and loud class.

Monday & Friday 9:15-10:00 am Fitness Pool

Terrific Tuesday-This is a fast paced cardio class. **Tuesday 5:30-6:15 pm Fitness Pool**

Tabaqua- This class features HIIT training (High Intensity Interval Training). This class is an INTENSE, fast moving shallow water class that will give your maximum calorie burn.

Thursday 5:30-6:15 Fitness Pool

Strength-Core-Balance- This class features deep water movement and deep water equipment, but will be held in the shallow fitness pool.

Tuesday & Thursday 6:15-7:00 Fitness Pool