



Water Classes

Deep Water Barre: Dive into a class where the focus of traditional Barre, core strength, and muscle lengthening, are reinvigorated in water. The buoyancy will make the class more accessible while also providing a new challenge to all participants. In other words, this class can be as intense or relaxing as you make it. Please bring a foam water exercise belt

Deep Water: Take the plunge into a class that turns the deep end into your fitness solace. This class merges water aerobics to keep your heart rate up with water aerobics to build your muscles. Say goodbye to grounded land workouts and embrace the depths where water becomes a fitness tool. Please bring water belts and water weights to remain suspended as buoyant as your goals!

H2O Boot Camp: Embark on a water-based mission to amplify your strength, power, and speed. Prepare yourself for a barrage of challenges ranging from interval training, speed drills, strength exercises, and more! Utilize the safety and resistance of water to unlock your athleticism. Grab a pair of water weights and take your stance in the aquatic trenches!

Water Aerobics: Jump into an exhilarating blend of fitness and fun! In this class, traditional aerobics is given an extra splash of excitement by utilizing water weights, noodles, bands, and...water. Please bring your towel and drinking water and keep that heart rate up as you join this tidal wave of energy!

Water Arthritis: Sink into this gentle yet effective class crafted to enhance your daily living. Relax into the embrace of water as we explore how it can be used to safeguard our joints from decay and pain. But we won't stop there - this journey will also seek to improve joint strength, endurance, and flexibility. Bring a pool noodle if you'd like and join this mindful pursuit of health.

Water Exercise: Slowly submerge as we begin with a gentle warmup to get your blood flowing. Feel your heart rate rise as we transition to wake up those muscles with aerobic work. Keep that blood pumping as aerobics ripples into a full-body workout designed to engage every muscle group. We'll finish by flowing into a short cooldown. Please bring a pool noodle, and a desire to be challenged!