

Aquatic Class Descriptions

Arthritis Foundation Aquatics Class (Shallow Water – No Impact)

Instructor: Cindy Allen

A warm water exercise program that works out those squeaks and creaks.

You will perform gentle exercises without straining joints and muscles.

Cost: \$1.00 per class for all ages

Monday/Wednesday/Friday at 8:00 am

Morning Waves (Shallow Water–Low Intensity)

Instructor: Cindy Allen

Morning Waves offers LOTS of fun shallow water moves to improve coordination, balance, and cardiovascular endurance. Water weights and beach balls are used to develop strength, balance, and coordination. No swimming ability is required. Diabetic participants are strongly encouraged to wear aquatic footwear.

Cost: \$1.00 per class for all ages

Tuesday/Thursday at 8:00 am

Hydrocize (Shallow Water – Medium Intensity)

Instructor: Monday & Wednesday – Michelle Cantrell / Friday – Kevin Carrillo

This workout includes a mild cardio segment and hits all the major muscle groups during strength training.

Cost: \$1.00 per class for all ages

Monday/Wednesday/Friday at 9am

N 2 the Deep (Deep Water – Medium Intensity)

Instructor: Tuesday & Thursday – Dijana Beeman

This workout includes a short cardio segment and focuses on strength training, specifically core strength.

Cost: \$1.00 per class for all ages

Tuesday/Thursday at 9:00 am

Water Dance- (Shallow Water- Medium Intensity)

Instructor: Michelle Cantrell

This workout steadily keeps a mild cardio workout going for the entire class and focuses on legs, arms, and core strength.

Cost: \$1.00 per class for all ages

Monday/Wednesday 10:15am

Aqua Cycle – (Shallow Water – Medium Intensity)

Instructor: Michelle Cantrell / Kevin Carrillo

This workout will strengthen leg muscles and also have the cardio aspect. WATER SHOES ARE REQUIRED.

Cost: \$1.00 per class for all ages

Tuesday/Thursday at 10:15am

ALL classes are included in the Full Rec Center, SilverSneakers®, Prime®, and Silver & Fit® memberships.