
Aqua Fit: Core & More: This moderate class focuses on balance, toning and stretching exercises to build your core by strengthening your abdominal muscles and lower back. Your instructor will guide you through a series of exercises

Aqua Fit: Fluid CardioCore: This moderate to high intensity aerobics class is a total-body challenge. This is an interval style class that uses water-resistance and various pieces of equipment to make your heart pump, strengthen your core and give you a fantastic workout to start your day!

Aqua Fit: Hydro Hit: This high intensity class will challenge your cardio, strength and endurance in an hour long push set to energetic music. Perfect for athletes looking to cross train and anyone wanting a fun, total body workout. Bring plenty of water and get ready to sweat!

Aqua Fit: Morning Splash : Rise and shine friends, this moderate, total body work out is designed for participants looking to challenge their shallow water work-out. Using all muscles in a functional way, this class will improve your cardiovascular fitness and expand you range of motion.