



### **Aquacize**

This class includes an aerobic workout as well as toning and stretching. We will use buoyant and resistive equipment along with the water current. Beginner/intermediate level.

### **Aquaflex**

This water class focuses on balance, flexibility and joint movement while building muscle. This class is taught by a certified Arthritis Foundation instructor and is great for those with arthritis, fibromyalgia &/or other joint problems.

### **Combo Water Workout**

A shallow water, total body workout that combines weight resistance, aerobic activity and flexibility. Emphasizes aerobic activity and is great a cross-training routine. Intermediate level.

### **Deep Water Aerobics**

This high-intensity class for cardiovascular, strength, and tone workouts uses the deep area of the lap pool. Participants do a complete workout for the purpose of flexibility, aerobic capacity & overall fitness. Intermediate level.

### **HPAC Aqua Aerobics**

Splashdance your way to fitness in the aerobic workout that is all wet! It is an excellent way to improve cardiovascular health. Swimming skills required.

### **HPAC Aqua Aerobics - Mini Sessions**

Three week sessions concentrating in Deep Water Aerobics, Aquacize, Combo Water Workout, Low Impact Aerobics or Silver Sneakers.

### **Low Impact Aerobics**

This shallow water workout will involve intervals of cardiovascular training as well as strength and tone exercises emphasizing flexibility and joint mobility. Beginner level.

### **Its A Schmall World Water Workout**

Take a little bit of this and a little bit of that, add water and what do you get? No props, no gimmicks, no music...just a great workout in the water WITH HARD WORK FROM YOU! Simple. It's a Schmall world after all!

### **Shallow Water Fitness**

This shallow water class is designed to work your entire body! Class includes cardiovascular training as well as strength, toning and flexibility segments. Splash your way into a new level of fitness!

### **Silver Sneakers- Aqua, Balance, & Tone**

This class is for the de-conditioned adult who seeks to restore their ability to balance & strengthen muscles weak from injury, illness, or lack of muscular activity. It is a good starter for getting back in shape following injury or surgery. Includes light cardio followed by muscle toning exercises and yoga style balance work.

### **Silver Sneakers- Aqua, Cardio, & Tone**

This class is for the conditioned adult who has good balance and good muscle function. 35 minutes of cardio exercise followed by muscle toning exercises, balance work and stretching.

### **Water Fitness**

Boost energy levels and experience increased strength and flexibility. This class combines the benefits of aerobic conditioning with resistance training through the use of water resistance. Class can be adjusted to all ages and abilities. With an emphasis on using the natural properties of the water, this workout can be as challenging as you wish to make it! Intermediate/Advanced Level.

### **Water Toning**

The class incorporates the use of upper/lower body muscles. The warm-up includes basic aerobic exercises, followed by a moving river segment, ending with a toning segment using resistance equipment to add useful intensity. The cool down segment stresses flexibility and relaxation. Beginner level.