

# Water Exercise Class Descriptions

**Ai Chi:** Ai Chi = love and life energy...a great introduction to this water-based mind-body class. Using slow and controlled movements to improve balanced, muscular strength and actively calm your "fight or flight" system. **Located in the warm water pool.**

**Aquabatas:** Using the Tabata method for training (4-minute segments 20-second-high intensity exercise followed by 10-second recovery) this class will take your shallow end workout to new heights. **Located in the lap pool.**

**Aquacise:** Low-impact class emphasizes toning, stretching, and cardiovascular conditioning in the **warm water pool.**

**Aqua S.M.I.L.E.:** Slower Moves, Impact Lowered Exercise in the pool provides a fun yet challenging workout focusing on muscular strength, balance, and gently cardiovascular conditioning. **Located in the warm water pool.**

**Cardio Abs Deep:** Go back to the Core and learn the latest innovations in the deep: Combines deep water cardio moves and abdominal techniques. **Class is taught in both the lap pool and warm water pool depending on the day of the week.**

**Deeply Fit:** Open for beginners and athletes to take the plunge. Deep-water exercise that travels throughout the pool is guaranteed to challenge your body, your core, and your stamina. **This class is taught in both the lap pool and warm water pool depending on the day of the week.**

**Extreme Power:** Fast paced cardiovascular aquatics workout utilizing equipment for muscular strength training, toning, and stretching. **Located in the lap pool.**

**Fluid Moves:** Energize and tone your entire body with movements based on a variety of disciplines: Yoga, Pilates, Ai Chi, and more. **Located in the warm water pool.**

**NEW in January! Power Waves:** An intense water workout with interval training, power moves, deep water workouts and strength training. This class will use the entire pool and multiple types of equipment. **Located in the lap pool.**