

Aquatic Fitness Class Descriptions—Winter 2012

**Group fitness classes are a great way to add variety to your workout.
Enjoy the benefits of coming together with a group for motivation, support and fun.
Our certified, experienced instructors provide a safe and effective workout for individuals of all fitness levels.**

30-Minute Ab Lab

Great a great ab workout in the water! Strengthen your abs and core in this unique water class. This half-hour class will challenge your ab muscles in a completely new way and develop muscle strength to improve your balance and stability out of the water. **Intensity Level 3**

Ageless Aqua

This invigorating yet gentle approach to water exercise is perfect for all ages and abilities. If you are new to exercise, recovering from injuries, or have other physical challenges, this shallow water, rhythmical workout will motivate you to move!

Intensity Level 2

Aqua Aerobics

Intensify your aerobic routine with the resistance of water! This fast- passed class will keep you moving with innovative routines featuring flowing movements, jumps, kicks and more! A class sure to get you aqua fit, while being easy on your joints. **Intensity**

Level 3-4

Aqua Tone

Challenge and enhance your workout with the use of buoyancy and resistance equipment. Water cuffs worn at your ankles, with hand held buoys act and feel like weight training on land. A great class to strengthen and tone.

*Arrive early to put equipment on.

Intensity Level 4

Arthritis Foundation Exercise Program

The support of the water combined with active stretches for each muscle group will improve joint mobility and flexibility. Your body will gain strength, endurance and balance in this joint-friendly class. All exercises are done with your body in a vertical position and your feet on the pool floor.

The water is kept at 83 to 86 degrees and our pool is accessible by stairs or chair lift.

NOTE: All participants must fill out a release form available from your instructor.

Intensity Level 1

Deep Conditioning

This class will take you to the 5-foot deep end of our lap pool. You will learn how to work and condition the deep core muscles of your body by doing fun sport specific exercises. A workout that will challenge your strength and stamina to improve your game. **Intensity**

Level 3-4

Intense Aqua

This class will get you moving and get your heart pumping! Using equipment, work through a series of interval exercises that raise your heart rate in the water for an intense cardio workout. **Intensity Level 4**

River Blast & Sculpt (* Participants should wear aqua socks or water shoes.)

Need to add intensity to your fitness routine? This class will challenge your endurance and upper body strength as you move against and with the current in the Lazy River using equipment. **Intensity Level 4**

River Blast & Sculpt PLUS (* Participants should wear aqua socks or water shoes.)

Increase your aerobic endurance with this fast-paced, cardio class in the Lazy River. PLUS get 20 minutes of upper body sculpting using equipment. Challenge your heart and muscles as you walk, jog and run with and against the current for an intense workout that is easy on your joints. **Intensity Level 4**

Aqua Fitness Program Notes

- Aqua classes vary in intensity from low intensity (Level 1) to higher intensity (Level 4).
- A current Summit membership, punch card or daily pass is required to participate in all fitness classes.
- Classes have limited space and spots are reserved on a first come, first served basis.
- ALL AM class participants can sign their name on the attendance sheet in the Aquatic Center 30 minutes before the start of class to reserve your spot.



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- *We reserve the right to cancel classes due to low enrollment.*