

# Water Fitness Class Descriptions

---

**Advanced Body Conditioning:** This class offers a deep water workout, focusing on muscle conditioning and toning. It includes an advanced abs workout, targets posture improvement, and promotes cardiovascular endurance.

**Aqua Cardio:** This is an intense cardio and strength class perfect for any fitness level. Interval cardio will be used with the aid of flotation belts, cuffs, hand buoys, and resistance tubing.

**Aqua Zumba:** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

**Full Body Workout:** A workout designed to target each part of your body and leaves you feeling strong and mobile.

**In the Deep:** Take the impact out of your workout using water resistance for a great fat burning and muscle toning cardio routine. This class is taught in the deep end of the pool with flotation belts provided.

**Low-impact Splash:** Activate your urge for variety! Splash offers fun, deep water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**The Works :** The Works is an overall body conditioning class with both deep water & shallow water routines—adding head-to-toe muscle toning. The Works is a great class for anyone wanting a full water workout!

**Total Body Circuit:** This class is a full body conditioning class alternating between Cardio & Strength. It will utilize both the shallow and deep water. Hit a plateau? This is the class for you.