

Aqua Fitness Class Descriptions

Updated 6/2013

Healthy Joint Movement

Formally called Arthritis II, this aqua class aims to increase muscle strength and endurance in addition to reducing pain and stiffness. The instructor will also focus on increasing range of motion within the joint areas that are important for day to day simple life functions.

Ai Chi

Learn to move through a flowing progression of slow broad movements of arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep. This class is very relaxing and great for reducing daily stress and anxiety.

Aqua Aerobics

Splash into this low-impact cardio and conditioning class that uses the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. All fitness levels are welcome!

Healthy Back

This program is designed to help back pain and recommended for anyone that suffers from back pain due to stress and tension, traumatic accidents, poor physical conditioning, overuse, poor body mechanics and muscle imbalance. This program aims to improve flexibility, strength & balance, range of motion, coordination & gait AND decrease pain level.