


Aquatic Schedule

<p>ISR (Infant Rescue Swimming) Starts Jan.2nd-Feb. 15th- Occurs M-FRI. from 2:10pm-4:50pm</p> <div>  <p>NEW YEARS DAY: Only Aqua Flow Class available NEW YEARS EVE: Early Closure at 2 pm NEW YEARS DAY: 7AM-8PM</p> </div>	<p>SWIM LESSONS M-TH 3PM-7pm See Lanes Reserved Swim Session 1/8-1/25/24 PRE-COMP T&TH 4:30pm-5:30pm Pool Reserved Excludes Some Makeup or Extended Lessons</p>
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AquaFlow: Gentle movements at low intensity to promote better balance, coordination, flexibility and core strength.

AquaMash: Set to music, low-med intensity cardio and strengthening with continuous movement throughout shallow and deep water; periods of traveling, beachball volley and stretching.

AquaMashPlus: Set to music, mid-high intensity while incorporating cardio intervals while traveling throughout the shallow and deep water. Includes some suspended beachball volley and toning exercises; also uses buoys and noodles.

AquaTurbo: A high-energy water class that uses both shallow and optional deep water to to amp up a complete body workout. Come challenge your core and build strength while having fun! All fitness levels are welcome. This session is designed to let you tailor the challenge to the needs of your body.”

Dynamic Aquasize: This water aerobics class provides cardio and body toning combined with some Yoga & Tia Chi movements.

HydroBlast: Groove to this energetic class set to music; intervals of moderate-high levels of intensity while alternating between shallow and deep; build cardio endurance; improve overall muscles strength and generate muscle tone.

HydroBody: Experience full body conditioning with constant movement predominately suspended in the deep water with no impact.

HydroPump: Pump it up to a 60-minute split, moderate-high intensity workout set to upbeat music. Increase and progress cardio stamina, strengthen core and tone muscles with continuous multilevel movement! First 30 minutes of class is in shallow water with transition to 30 minutes of moving in the Deep; NO impact fully suspended.

JointMobility: 45-minute non-aerobic aqua class consisting of specifically designed exercises to help improve joint flexibility and relieve pain due to arthritis.

WaterWaves: A water workout for all fitness levels. Waterwaves consists of cardio, strength training, flexibility and balance. Come join a fun group, motivated by each other and experience a total body workout.

WaterWellness: Improve overall range of motion and strength all while moving through the water at your own pace listening to your own body and sharing in the group experience.

Splashtastic: Seamlessly flowing from one move to another to create a lively and full body dynamic workout of cardio and strength building. May include use of equipment and/or suspended moves. Class concludes with stretch and cool down.

DOWNLOAD: Peak Health & Wellness MSLA via the app or google play store to register/book classes!



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