

GROUP CLASSES

Aqua Classes

Make some waves with a multi-level class incorporating a variety of formats to keep you moving and motivated. Workouts focus on cardiovascular training, muscle toning, flexibility, and coordination. Water exercise is low impact but not low intensity! Classes take place Mondays and Fridays in shallow water and Wednesdays in the deep end with a flotation belt.

Fibromyalgia takes place Tuesdays & Thursdays in our shallow, warm-water pool and focuses on gentle range of motion and mobility exercises.

Schedule

Aqua Shallow

When: Monday and Friday

Time: 11:00 - 11:45am

Aqua Deep

When: Wednesday

Time: 11:00 - 11:45am

Fibromyalgia

When: Tuesday and Thursday

Time: 11:00 - 11:45am



Gentle Yoga

This class flows at a gentle pace and focuses on breathing, relaxation, and a variety of movements for stability and mobility. Develop keener body awareness through the use of fluid movements and gentle stretching. Practice progresses from reclining to standing postures and finishes with relaxation. This class may increase your range of motion, reduce pain, alleviate stress, and improve your quality of life. Bring your yoga mat, or mats can be provided.

When: Tuesdays

Time: 1:00-1:45p

Strength & Balance

Join us for a low-impact class designed to improve balance, build endurance, and strengthen muscles. Increase your ease of movement and prevent injuries by being stronger! Participants have the option to sit or stand during all portions of the class. Hand-held weights, small balls, steps and stretch bands are provided.

When: Thursdays

Time: 1:00-1:45p