



# Aqua Classes

	<p><b>Aqua or Aquafit or Water Aerobics or Water Fitness</b> *Premium Class</p>	<p>Cardio movements combined with resistance training in a fun and refreshing aquatic environment. Enjoy the ultimate in non-impact pool exercise!</p> <p>Include lap swimming, water walking, water jogging and invigorating non-impact deep-water exercises.</p>
	<p><b>Aqua Zumba</b> *Premium Class</p>	<p>Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.</p>
	<p><b>Deep Water</b> *Premium Class</p>	<p>Includes lap swimming, water walking, water jogging and invigorating non-impact deep-water exercises.</p>
	<p><b>SwimFit</b> *Premium Class</p>	<p>New to swimming and looking to add it to your workout routine? Seasoned swimmer? Training for a triathlon? Get a coached swim workout tailored to all participating levels in our beautiful lap pool! *For best workout, please wear goggles &amp; swim cap.</p>
	<p><b>Yoga Aqua Terra</b> *Premium Class</p>	<p>A lower intensity, slower paced class with many modifications offered to accommodate limitations and energy levels. A portion of class will get in the water to increase our resistance while still having a low-impact workout.</p>