

# River Cities Community Pool Water Fitness Class

## Descriptions

\*Classes can be modified to fit everyone's fitness level\*

***Catch the wave of the future! Join a water fitness class TODAY!***

**Fluid Yoga**- held in shallow water. *Come try a floating plank, floating cobra or a downward facing dolphin and more!* This class blends elements of Yoga and Tai Chi practices with dynamic flexibility and patterns to heighten the stretch. Class will take a new twist on poses that will challenge balance and stability while feeling the benefit of the stretch while submerged in the soothing aquatic environment. Flowing moves are for all fitness levels.

**AquaMotion**-class held shallow water. Class will improve posture, decrease joint and muscle pain, decrease the risk for falls/injury, and the ability to do the things you enjoy to do by going thru a series of full range of motion exercises.

**Deep Challenge**-class held in deep water. Get into shape with this deep water cardio and body sculpting workout designed for all fitness levels looking for a challenge. Class includes effective and safe combinations of movements to strengthen the heart and tone the body! Come join this fun and effective class to help achieve your fitness goal. Participants should be comfortable in deep water.

**AquaLite**-held in the shallow water. Utilizing the waters resistance in various directions will help with balance and coordination along with strengthening the core thru proper body alignment. Class will include use of aqua barbells, balls, and water wafers. Class held in shallow water.

**Shallow Insanity**-class held in shallow water. This shallow water class will maximize your performance with powerful water training by pumping up basic combinations and push your limits with timed segments in an interval format.

**AquaWake**-class held in shallow and deep water. Dive into the pool of core training techniques that include standing, traveling and buoyant options to develop dynamic strength for improved function. Learn options with and without equipment to meet a variety of goals and successfully target all skill levels.

**AquaFit**-class held in the shallow water. Jump in and make a splash! This class will keep you moving to tone and strengthen the entire body using ball, bands, barbells and noodles. Class provides high- energy, low impact for participants of all ages and fitness levels.

**Rock Solid**-class held in shallow water. This class combines segments of cardio and strength training using dance routines. This class changes the dynamics of traditional aqua classes through energetic use of force and resistance. Rock Solid is designed for all fitness levels. The use of equipment will help drive the quality of your aqua experience and will result in a toned and functional body.

**AquaBurn**-class held in shallow water. This shallow water class will maximize your performance with powerful water training by pumping up basic kicking and punching combinations, while pushing your limits with timed segments in an interval format.

**AquaDrenched**-class held in shallow water. Utilizing the format of 20 seconds work and 10 seconds rest, for 4 minute intervals, this class will rev up your heart rate while strengthening and toning your muscles.