

Water Fitness For Wellness

There is a Class for Everyone

SilverSneakers Splash


Fun, shallow-water exercise classes that use a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Aquatic Body Conditioning (A.B.C) Moderate to high intensity stretching, toning, and cardio class

Shallow Water, Warm Water *Monday, Wednesday, Friday 8:00a.m.*

Power Walk combines toning and core with focused intervals of cardiovascular movement

Shallow Water, Warm Water *Monday, Wednesday, Friday 9:00a.m.*

Just My Speed  Range Of Motion Stretching and Low Impact Aerobics

Shallow Water, Warm Water *Monday, Wednesday 11:00a.m.; Tuesday and Thursday 10:00a.m.*

Making Waves  Moderate to intense aerobic exercise with stretching and range of motion exercises

Shallow Water, Warm Water *Monday, Wednesday, Friday 5:45pm ; Saturday 10:00a.m.*

Silver Splash high energy, moderate intensity cardio-workout with a mix of strength training and fun

Shallow Water, Cool Water *Monday, Wednesday, Friday 10:00a.m.*

Splash Dance– Moderate to High intensity cardio, flexibility and balance with a fun music mix for extra motivation

Shallow Water, Warm Water *Monday, Wednesday, Friday 10:00a.m.*

Liquid Lunch moderate intensity class blends water walking with tone and flex exercises , fellowship and laughter.

Shallow Water, Warm Water *Monday–Friday 12:00p.m.*

There is a Class for Everyone

Stability, Balance, Tone and Stretch

These low intensity classes improve posture and improve muscle tone while increasing strength, flexibility, balance, control, body awareness and creating core stability. These classes are suitable for all fitness levels and abilities. Warm water shallow movements utilize the principles of hydrostatic pressure to increase circulation.

Fluid Yoga uses standing and some floating poses. You don't have to submerge your head.

Shallow Water, Warm Water

Thursday 9:00a.m.

Ai Chi a combination of deep breathing and slow broad movements using concepts of Tai Chi, Qigong and Shiatsu.

Shallow Water, Warm Water

Friday 11:00a.m.

Pick Up the Pace But Keep the Impact to Joints Low

Aqua HIIT High Intensity Interval Training is fast paced class that uses a 30 sec cycle of body weight exercises with a 20 sec rest. The class features high energy music and different combinations of exercises to get the heart rate up and burn calories.

Shallow Water, Cool Water

Tuesday, Thursday 5:45pm; Saturday 9:30 a.m.

Deep H2O Run is a challenging class that takes place in a depth of 7 feet. This class is a non-impact exercise program that is sure to give your body an intense cardio and muscle strengthening workout. You need to be comfortable in deep water.

Deep Water, Cool Water

Monday, Wednesday 7:00a.m.

Deep Finning is a challenging class that takes place in a depth of 7 feet. Participants use fins and kickboards, emphasis on cardio and is sure to give your body an intense workout. You need to be comfortable in the deep water.

Deep Water, Cool Water

Monday, Wednesday, Friday 9:00a.m.