

Make a **SPLASH** in 2018 with our **NEW** aquatic classes!

Classes will be offered on a monthly basis
on Mondays and Wednesdays from Noon to 12:55 p.m.

January 3 – January 31 Aqua Barre

Bringing the extremely popular Barre format to the pool using a noodle as a ballet barre for stability, learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body and explore long lever movements to lengthen, strengthen and improve your range of motion.

February 5 – February 28 Aqua Dance

Captivating the joy of movement and the expression of life through integrating world rhythms and music, the fusion of aquatic fitness with dance-based choreography will give you a movement base free from the boundaries of geography and gravity, limited only by the possibilities of the human form.

March 5 – March 28 Aqua Pilates

Pilates has found additional benefits by adapting their traditional practice to the zero-gravity feel of an aquatic environment. These new aqua exercises challenge your stability, core strength and develop your breathing in a way that traditional Pilates cannot. Pilates exercises are translated into a pool setting using pool noodles, water weights, the pool wall and floor for assistance. Practicing in deeper water can bring an additional challenge to participants.