CLASS DESCRIPTIONS

**AQUA SPIN**: Peddling at a cardio level to burn lots of stored calories. Using upper body moves to build strength and muscles as you peddle. Weights, noodles and sometimes balls are used during this class. Class is taught in the deep end.

**AQUA INTERVAL LOW CARDIO MIX**: Building upper body with water weights and noodles. Web Gloves in between controlled moves to build up strength, balance, stability, agility. Class is taught in the shallow end.

**LIQUID PILATES**: Core strength. This class will build up spinal strength, postures, limbs and vital internal organs. Water noodles, weights, ball and hoops are used during this class. Intermediate levels can bring ankle weights to the class. Class is held in the shallow end.

**CARDIO DANCE MIX W/POWER INTERVAL SPIN**: We start in the lower end with a choreographed routine then move to the deep end at fast speeds of power moves, peddling, pull ups, power go!! (water weights are used for this class)

**AQUA POWER INTENSITY SPIN**: In the deep end mimicking a spin class using the inertia and buoyancy of the water with full force and speed. None stop movements for core and all larger muscles working together with power progressive resistance to strengthen all muscles with cardiovascular package.

**AQUA POWER MIX SPIN w/CORE**: Deep end only! This takes zero impact cardio to the next level to develop your maximum fitness potential. Working the deepest muscle layers in your body, Integrating core stabilization techniques, postural, stability and improve function.

**LIQUID PILATES INTERVAL SPIN MIX**

We start in the lower end of pool harness the power of 360% resistance. Pour it to the core with challenging core stabilization exercises and unique multi-plane movement patterns designed to train the deepest muscle layers in your body. **45 minutes**

Right into the deep end with a new format training integrate sports, specific conditioning drills, balance and agility training and more. **45 minutes**

Ankle weights are needed for this class 2 up to 5lbs no more.
LOW CARDIO DANCE MIX: Choreographed routine using all 4 corners of the pool. Fun moves, lifts, hips, steps, cross fit max out, get your heart rate “UP” Isolated arm and leg moves at a speed of intensity building strength and endurance.

DEEP CORE CONDITIONING: Lets burn together to harness a 360% resistance. Patterns designed to train the deepest muscle layers in your body. Levels to develop your maximum fitness potential, muscular strength, balance, coordination and flexibility.