

Aquatic Fitness Class Descriptions

HYDROFIT

-A full-body, low-impact workout combining interval swimming, water weights, and core work to build stamina and lean muscle.

PADDLE PILATES

-This class is done on a stand-up paddle board in the pool. It is a total body conditioning class that incorporates balance training, strength/core training, flexibility training and grace.

WATER AEROBICS

-This low impact aerobic class provides a cardio workout for all fitness levels in the water.

AQUA TABATA

-This is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

Instructor 'Team

Reach' Codes:

Download the Team Reach app to stay connected with your instructors and get the latest class updates.

HYDROFIT (ASHLEY)

HYDROFIT1

PADDLE PILATES (RANISA)

Paddle4Drum

WATER AEROBICS (GWEN)

WATERWED1

AQUA TABATA (ASHLEY)

WATERFRI1