

Warm Water Fitness Class Descriptions

55 + Warm Water Fitness, Level 1: Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises.

55+ Warm Water Fitness, Level 2: This class addresses movement in every joint and activates muscles that are often diminished due to lack of use. Exercises will build neural pathways to underutilized muscles and increase cardio conditioning

55+ Warm Fitness, Level 3: Explore new movements and build cardio conditioning using more complex exercises than in previous fitness level classes.

Water Fitness Aqua Motion: An adjustable intensity fitness class to get fit, increase energy, and improve body tone using water resistance for minimal stress on your body. Individual attention to needs and goals along with intervals are used regularly in this class.

Hydro Dynamics: A medium – high intensity class that includes excellent cardiovascular conditioning, muscle toning, and fat burning. The water environment provides great resistance and a low impact workout.

Aqua Zumba Integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. Provides a safe yet challenging workout to improve cardio conditioning and full body muscle toning.

Pre/Post Natal: An adjustable intensity aqua fitness class for expectant and new mothers. Designed to increase your cardiovascular resistance as well as toning, conditioning, and strengthening muscles used during pregnancy, birth, and recovery.

Aqua Fit A medium – high intensity class involving a combination of aerobics, intervals, strength and flexibility training, and water jogging. Provides a versatile and challenging workout while keeping it fun! Contact Jen Heilveil, 303-413-7474.

Twinges and Hinges Provides a safe workout for joints while supporting the entire body. We will work on cardio, muscle strengthening, and flexibility. If you require physical assistance in the water, a 2 week notification is required. Contact Jen Heilveil, 303-413-7474.

Aqua Core: Moderate – high intensity class challenging your body and working your cardiovascular system. Involves high and low intensity workouts using a variety of equipment. Contact Jen Heilveil, 303-413-7474.

Hy-Dro Drive Aquatic Sampler: Provides all the benefits of a land based workout without the impact. Combines powerful moves to optimize cardiovascular and muscle conditioning while focusing the core muscle base. Contact Jen Heilveil, 303-413-7474.