

## **Aquatic & Fitness Center Class Information**

**Nymbi** – Co-Ed. A digital form of balance training that allows for training of cognitive and physical abilities. ***Classes are held in the Auditorium.***

- Monday-Friday 9:20am & Tuesday/Thursday 2:15pm

**Ladies Aqua Motion** – Ladies only. A low-impact water exercise class designed for women that focuses on cardiovascular health and building strength. The buoyancy of the water provides warmth and support to those who might be struggling with pain! ***Classes are held in the pool.***

- Mondays & Wednesdays 10:00-10:30 am

**Men's Muscle Build** – Gentlemen only. An exercise class designed for men looking to increase strength and muscular endurance. Move through a series of everyday, fundamental movements using weights & resistance bands! ***Classes are held in the Fitness Center.***

- Mondays & Wednesdays 10:45am-11:15pm

**Making Waves** – Co-Ed. A fun way to burn fat, strengthen and tone your body! This low-impact, water exercise class will focus on aerobic endurance & resistance training all while creating an energetic atmosphere. ***Classes are held in the pool.***

- Tuesdays, Thursdays & Fridays 10:00am-10:30am

**Stretch Relief** – Co-Ed. Looking to increase flexibility and range of motion? A class developed to safely stretch your legs, hips, shoulders and back to relieve stress and reduce risk of injury. ***Classes are held in the Auditorium.***

- Tuesdays & Thursdays 10:45am-11:15am & 11:30am-12pm

**Gentle YoLates** – Co-Ed. A combination of Yoga and Pilates that encourages a mind-body connection to better your physical and emotional well-being. Improve breathing, circulation and energy levels all while increasing flexibility, core strength, and postural alignment. ***Classes are held in the Auditorium.***

- Tuesdays & Thursdays 1:30pm & Fridays 10:45am-11:15am & 11:30am-12pm

**Balance & Mobility** – Co-Ed. This class will focus on balance, coordination and functional strength to help prevent the risk of falling! Benefit from improved agility, stamina and overall daily function. ***Classes are held in the Auditorium.***

- Mondays & Wednesdays 11:30am-12 pm

**Step It Up** – Co-Ed. A low-impact, cardio workout that focuses on increasing your heart rate and breathing. Step-up, step-down, step-around, all in different patterns to strengthen your body & coordination! \*More advanced. ***Classes are held in the Auditorium.***

- Mondays 3pm