

GreatLIFE Group Exercise Class Descriptions – WATER



AquaFIT (shallow)-Powercise with a variety of cardio & strength training exercises in the shallow water using water equipment including bar bells, inner tubes & noodles. **AL***

AquaTONE (shallow)-Focus on mobility, movement, toning, flexibility, balance & low intensity Cardio. Movement in the warm water help with aches of arthritis & other joint limitations." **AL***

Deep Water Workout (deep)-Focus on core, flexibility, strength & mild cardio. Excellent for people wanting to decompress their spine while exercising. Float Belt is the preferred method of flotation. **AL***

Get Moving (shallow)-Low impact to NO impact, Mild Cardio focusing on flexibility and Range of Motion. **AL***

H2o Go! (shallow) -Low Impact that focuses on high energy cardio and strength training, utilizing a variety of equipment. **AL***

Aqua Bootcamp (shallow) -Advanced water class that blends cardio & strength training for a heart-pumping workout. **AD***

Aqua HIIT (shallow) -High Intensity Interval Training that gives a well-rounded workout of cardio, strength and core focus **IN*** (all levels welcome! Workout can be adapted.)

Aqua Jam (shallow) -A fusion of Power Aquatics, kickboxing and dance set to the beat of music. Big focus on cardio. **AL***

Powercise (shallow)-Focus on heart pumping Cardio & Strength using a variety of equipment. **AL***

Water Walking (deep)- Light intensity class using a flotation belt. A variety of exercises & walking movements are performed, some using bar bells & noodles. **AL***

<p>* AL = Class is great for all fitness levels AB = Advanced Beginner Class IN = Intermediate AD = Advanced</p>
