

# MAC Water Fitness

## **Aqua Bootcamp**

This class is full of fun and energizing activities designed to help you reach your fitness goals now! The exercises are performed in water that is chest deep and no swimming skills are needed to participate. Regardless of your age, size, or fitness level, you can achieve very noticeable results.

## **Aqua Flex**

Use water's natural resistance through a series of strength and stability exercises to help build strength and work on lengthening muscles with varied exercises and stretches in water's natural element.

## **Aqua Zumba**

Take your Zumba fitness to the water! An awesome workout, this 60-minute class will get your heart rate up and have you moving non-stop but with the same support and cushion water fitness provides your body, no impact on the joints. Appropriate for all age levels.

## **Fluidity**

Discover the mind, body and spirit connection with Tai Chi, Pilates, Yoga and Latin Dance. This program blends principles of control, core strength, stability, breathing with mind-body orchestration. This integrated system is designed with creative movements to provide a total mind-body relaxation in a warm shallow and deep water environment.

## **Go with the Flow**

A water workout tailored to the participants in the class. Based on class attendance the class will provide multiple levels of intensity and exercise modifications for levels 1-3 for an overall total body water workout for everyone!

## **H<sub>2</sub>O Fit**

Try this intense class that uses water resistance, cardio exercises and Pilates in shallow and deep water to enhance abdominal stability, increase aerobic endurance and tone muscles. This fast paced, high energy class also involves circuits to improve strength and conditioning, stamina, power and speed. Build muscle strength and burn fat!

## **Jukebox Splash**

An aerobic, strength-building water fitness workout that Rocks and Rolls! Enjoy the motivating power of music through this great workout.

## **MS Classes**

A Multiple Sclerosis Society Aquatic Program. Class consists of strengthening and endurance activities (if tolerated). Pool lift available. We offer classes three times a week, specifically tailored for those with MS, conducted by MS specific Water Fitness instructors and held in a cooler temperature pool. Chair lift is available to participants who require assistance in and out of the water. Doctor's note and release required.

## **Water Cardio & Core**

This class is a fun combo of cardio, interval training, core strengthening and balance work. Participants will learn strategies to get fit and stay fit, at any age.

## **Water Stretch & Strength**

A water workout with adaptive levels of stretching and strengthening all muscle groups. Participants are encouraged to work at their own pace and fitness level.

## **Water Works Arthritis**

Our specially trained staff can assist you with arthritis symptoms, range of motion, cardiovascular fitness and increasing muscle strength. This low impact workout focuses on flexibility and posture through non-rebounding cardiovascular exercise.