AQUA FIT: Take your workout to the pool for this invigorating, non-impact class. Participants use water resistance to develop strength and cardiovascular endurance. This class is ideal for those who want a complete workout that is gentle on the body. This class is held in the shallow end of the lap pool, no swimming experience needed.

AQUA FIT 30/30: Experience a blend of core, cardio, full body work and stretching. This class spends the first 30 minutes in the deep water and then the last 30 minutes stretching in the warm water pool. Participants must be comfortable in deep water with minimal floatation assistance.

*AQUA YOGA: A shallow water movement class which uses yoga poses to focus on joint mobility, flexibility, strength and core balance. The feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. It is great for everyone especially those with limited mobility, balance impairment and other physical restrictions. Space is limited to 14 participants.

DEEP-WATER AQUA FIT: This deep water exercise class is an excellent addition to any cross training regime. A range of techniques are used to create an exciting and comprehensive workout. Participants must be comfortable in deep water with minimal floatation assistance.

LOW INTENSITY AQUA FIT: This shallow water exercise class is designed for those who want to workout, yet may have limited or restricted movement. A variety of equipment and activities make this a dynamic and thorough workout aimed at improving strength, balance and flexibility. No swimming experience needed.

MASTER SWIM: This is a coached group workout designed to improve swimming performance and technique. Stay motivated and focused to train to be your best. Participants should be able to swim at least 2,200 yards within an hour.

POSTNATAL AQUA FIT: Get in shape, get back in shape, or simply increase your energy and self-esteem through abdominal work that develops core strength. Specific drills utilize the best of swimming, cardio and strength training. Participants must be comfortable in deep water with minimal floatation assistance.

PRENATAL AQUA FIT: Meet other expectant mothers and stay fit throughout pregnancy. This class is held in the deep end of the lap pool and focuses on opening the hips and preparing for childbirth. Participants must be comfortable in deep water with minimal floatation assistance.

REBUILD & RECOVER AQUA EXERCISE: This deep-water exercise class encourages circulation, reduces muscle pain, builds strength and lifts your spirits! Stimulating and challenging movements, combined with cardio, core strengthening and classic pool equipment exercises, will leave you feeling restored and invigorated. All levels welcome, no swim experience required. Participants must be comfortable in deep water with minimal floatation assistance.

*WARM WATER MOVEMENT: Shaping up in warm, weight supporting water helps those with limited mobility, balance impairment or other physical restrictions. Participants are encouraged to work at their own pace toward their personal goals. Swimming is not required, but participants should be able to stand and walk water at least waist deep on their own.

WATER WEIGHT TRAINING: Strengthen muscles and develop a healthier physique with lower impact on joints. This 45-minute class uses water resistance and aqua-fitness equipment to build core muscles for better balance and tone. No swimming experience needed.

Please keep in mind:
• If a class is full, instructors have the right to turn participants away.
• Be on time to ensure your spot in the class and avoid disrupting classes.
• Do not enter the pool while class is in session. At the instructor’s discretion, a five- to ten-minute grace period for late admittance may be allowed.

Schedule subject to change.

*These classes have limited capacity and require you to sign up outside the Aquatics Office window to participate in the class. Sign-ups begin no earlier than 1 hour before the start of the class.

Questions? Contact the Aquatics Office at 415.292.1268.