

Water Exercises Programs

Water Exercise for Arthritis

Monday, Wednesday & Friday
10:00-11:00am

The Arthritis Class is a recreational exercise program developed by the Arthritis Foundation to help individuals with Arthritis and other related conditions. The activities and exercises are designed to encourage self care, social interaction, improve muscle strength and flexibility. Each participant works at his or her own fitness level. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.

* Located in the Human Services Pool

Water Yoga

Fridays 11:00-Noon

The purpose of the Water Yoga program is to provide participants with exercises that will help them increase their range of motion, flexibility, and will help to minimize stress. The Water Yoga program will help participants work on their balance, posture, and relaxation,

while helping to foster a sense of well-being. Participants of all fitness levels and mobility are able to join. The warm water, shallow depths, seating areas, and handlebars allow this class to be adapted for any participants.

* Located in the Human Services Pool

Liquid Strength

Monday, Wednesday & Friday
9:00-10:00am

The Liquid Strength program is to provide participants with water resistance training. Participants will spend 60 minutes working in the water on range of motion activities and resistance training. This class is open to individuals of all ages and varying abilities especially those with mobility impairments.

* Located in the Human Services Pool

Water Exercise with Nora

Monday and Wednesday
6:30-7:30pm

The Water Exercise with Nora class is conducted entirely in the shallow end of the indoor pool. Class begins with warm up exercises to get participants acclimated to the

water then moves to a more vigorous segment of exercises to work the large muscle groups. Toning exercises and resistance stretches are varied from class to class to keep the exercises fresh and invigorating. The goal is to increase participants' muscle tone, cardio benefits, and to help them achieve their personal health goals.

* Located in the Human Services Pool

TNT Water Exercise

Tuesday, Wednesday & Thursday
9:00-10:00am

TNT- Water Ex was developed to help individuals achieve their personal fitness goals. This class is geared for participants of all ages and fitness levels. Varied exercises and repetitions allow participants to customize the workout to fit their needs. There is a high concentration on cardiovascular endurance and strength training with little to no impact on the joints. Participants will use a variety of equipment including float belts,

noodles, stretch cords, and barbells.

* Located in the Community Center Pool

YogAerobics

Tuesday, 6:00-7:00pm
Saturday 9:00-10:00am

Yogaerobics is a recreational exercise program that includes both Yoga and Aerobic exercises to improve muscle strength and flexibility. It is designed to encourage relaxation, self care, and social interaction. This program will help participants work on their balance, posture, and relaxation, while helping to foster a sense of well-being. Participants of all fitness levels and mobility are able to join. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.

* Located in the Human Services Pool

Cost for programs

Walk-in Fee
\$4 Member
\$5 Resident
\$6 Non-resident

12 Class Punch Card
\$30 Member
\$35 Resident
\$45 Non-resident