

Absolute Abs - Target your core in this warm water class that focuses on training the abdominal and lower back muscles. By using the legs in multi-dimensional movement patterns, you will develop a stronger midsection to stabilize your torso and improve your balance and posture.

Introduction to Water Exercise - Perfect for those new to water exercise. This class will explore different types of water exercise classes and different types of equipment. You will learn the most effective way to exercise in the water. Participants will leave feeling comfortable in any type of aqua class setting.

Arthritis Exercise - Designed to accommodate individuals with arthritis and other related illnesses, this class is taught using Arthritis Foundation exercises. Improve strength, balance, coordination, cardiovascular fitness, and joint range of motion.

Aqua Power - Develop your coordination, muscular strength, and cardiovascular endurance through the use of noodles, dumbbells, and other aquatic fitness equipment. Working against shallow water currents will constantly challenge the core muscles, leading to improvements in balance as well.

Deep Water - This class places an emphasis on the water's natural resistance to enhance overall fitness. The use of flotation equipment allows you to increase your intensity level without increasing the impact on your joints. **Prerequisite:** Must be comfortable in deep water.

Master Splash - Stay active by working through range-of-motion and strengthening exercises that are easy on the joints. In this class you will enhance functional fitness for improved quality of life.

Aqua Blast - A safe, effective, and challenging water-based workout that integrates dance movement and intervals into traditional aqua fitness. The movements are challenging and you can feel your muscles working against the resistance of the water.

H2O Low – Establish a fitness base in the water with low intensity walking and jogging, along with other aerobic movements. Compliment your cardiovascular conditioning with strength training, abdominal exercises, and relaxing stretches.

Aqua Pilates - A combination of Pilates and aquatic exercise results in a unique class which develops core stability and will tone and strengthen your entire body. Aqua Pilates is for those who desire to decrease injuries while increasing energy and function at optimal health levels. The movements incorporate the use of pool aides that create added resistance in the water.

Aqua Fitness Passes – Eager to try one of our aqua fitness classes but not sure where to begin? TRY A DROP-IN PASS! Passes can be purchased at the front desk and must be used within 90 days of purchase. No refunds will be issued for unused passes and the number of pass holders in the class may be limited by class size. Please contact the front desk at 703-777-1368 for more details.

- Multiple Drop-in Pass: \$200 for 20 visits
- Daily Drop-in Pass: \$11.00 per class