

## **POOL EXERCISE CLASSES**

**SilverSneakers® - Splash** is a universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment.

**H2OX** - Exercise using the resistance of the water for strength and buoyancy for minimum joint stress.

**Deep Water**- High Intensity Interval Training in the deep end of the pool.

**Arthritis Foundation Rusty Hinges** - This class provides a gentle workout for people with Arthritis, MS or other mobility limitations. This class was developed in cooperation with the Arthritis Foundation and the National Multiple Sclerosis Society.

**AQUA ZUMBA®** - Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine with energizing music. Just add water and shake!

**Deep Water Jogging** – Jogging in the deep end with Aqua Belts or walking the shallow end. All abilities are welcome to participate. This class is self-lead and no instructor is present.

**Exercise Classes are FREE to Y Members.**

**Community Members may purchase a 10-visit punch card for the classes for \$50.**

