

Northwest Recreation Center Group Water Classes

Aqua Therapy: Our Aqua Therapy class is the most fun you can ever have in the water! This class is a low impact class taught in the shallow water designed for all ages. It is a great way to get back in shape as well as tone and condition your whole body. Aqua Therapy helps improve your range of motion, flexibility, mobility, balance, and gives some cardio exercise. Through specific exercises you learn how to stretch and tone many muscles in your body.

Shallow Water Aerobics: The class works from head to toe. It is great for muscle strength, balance, easing stiff joints, increasing stamina and provides social stimulation. If you are unable to work out on land this class can still provide a great workout for you

Deep Water Aerobics: This class is taught and held in the deep end, where you cannot touch the bottom of the pool. This ensures a full body workout. Flotation belts, water dumbbells, and other equipment will be used during this class.

Aqua Zumba: Jump into this Latin-inspired, easy-to-follow, calorie-burning, dance fitness party that makes working out a splash. Aqua Zumba ingrates the Zumba formula and philosophy with traditional aqua fitness disciplines. This class blends it all together into a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating. This class is held in shallow water.

tAQUAta: Aqua+Tabata = tAQUAta! This course is based off of the Tabata workout which uses High Intensity Interval Training to improve cardiovascular and metabolic systems. Participants utilize the natural resistance of shallow and deep water to provide power moves without impacting joints. tAQUAta offers a balanced emphasis on cardio, strength, and the core throughout the session. This class is held in shallow water.

Log Rolling: Log rolling is open to all ages and swim abilities. Improves coordination, balance, and foot-work. Cardio exercise targeting the core and lower body.