



WATER

AEROBICS

With Myrna McPherson

Shallow Water

Tuesday: 10:00 – 11:00 AM

Thursday: 10:00 – 11:00 AM

These are drop in classes, with a membership to the facility!

Shallow water aerobics Tuesday and Thursday mornings, taught by Myrna McPherson, is a class for all adults and all abilities, with the emphasis on endurance, strength, flexibility, and fun. Each class includes a warm up and cool down, a section of HIIT, and exercises that aim for full range of motion in the protective environment of chest high water that helps minimize impact on sensitive muscles.

No equipment is required, but water shoes are recommended. We do occasionally use water dumbbells or pool noodles for certain exercises (equipment provided)



WATER AEROBICS

With Darlene Langford

Deep Water

Sunday: 10:30 – 11:30 AM

Monday: 8:30 – 9:30 AM

Wednesday: 8:30 – 9:30 AM

Friday: 8:30 – 9:30 AM

These are drop in classes, with a membership to the facility!

Deep Water Aerobics with Darlene uses both cardio training and core strengthening in each class. Critical warm-up and cool-down exercises begin and end classes as well. During the cardio segment, participants usually work back and forth through the water wearing flotation belts. Stationary work, such as pop-ups, tabata, and other HIIT (High Intensity Interval Training) exercises, are added during cardio workouts.

After cardio, participants exchange their flotation belts for flotation dumbbells (or a noodle) and we do aqua pilates and other ab, arm and leg strengthening moves. The class and exercises are varied and designed for the participant who wants a real workout, regardless of their age or fitness level.



WATER AEROBICS

With Mattie McQueen

Shallow Water

Wednesday: 10:00 – 11:00 AM

Friday: 10:00 – 11:00 AM

Deep Water

Tuesday: 6:30 – 7:30 PM

Thursday: 6:30 – 7:30 PM

These are drop in classes, with a membership to the facility!

Hello! My name is Mattison McQueen. I am a personal trainer and have been doing group instruction for a few years now. I instruct the Tuesday and Thursday 6:30pm DEEP water aerobics, as well as Wednesday 10am SHALLOW water aerobics.

All of my classes cater to those who are looking for an excellent, low impact workout. Water aerobics is a wonderful way to improve your cardiovascular health, and It can be done by anyone with any fitness level. I enjoy making fun playlists for my classes and having a good time with you all. Look forward to meeting you!