



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.