

WATER FITNESS – discover the unique and beneficial properties of exercising in water. The classes are based on varied low-impact moves that can be performed in shallow or deep water. Intensity levels are varied during class. Beginners and those with joint considerations can easily modify movements during classes.

AQUA ZUMBA is a low impact latin-inspired water fitness that will improve coordination and core strength. It is performed in chest deep water.

MASTER SWIM will help you gain a competitive edge. Learn how to train for competitive swimming. Masters Swim is for people who know how to swim, and want to work out in a structured, team-oriented environment.