



AquaWorks ...the new **WAVE** in fitness

Aqua Attack: Aerobic kickboxing is one of the hottest new workouts worldwide. It's energizing, powerful, uplifting and a fun and effective way to burn calories and tone your muscles. The water's resistance cushions and slows the explosive kicks and punches; the added resistance strengthens and tones the muscles for an extremely intense and effective workout.

Aqua Attack/CORE Combo: An energizing, powerful, uplifting and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your CORE (abdominals, posture, vertebrae and buttocks).

Aqua Blast: A total low impact aerobic workout using both shallow and deep water; abs, light strength work and stretching. Open to all levels of fitness and swimming experience.

AquaZumba®: Brining the Latin dance vibe to this "pool party." A workout for all ages that burns 2-4 times the amount of calories compared to land Zumba®. It is geared for everyone including all abilities and all fitness levels. This highly rhythmic form of water aerobics is all about cardio, along with the natural resistance of the water.

Centre Cyclones: This program is for anyone who is comfortable swimming laps, but would like some direction and stroke correction to help improve their efficiency in the water. We will meet one morning per week, but workouts will be available to be checked out at the Welcome Center anytime you come in to swim laps. Workouts will be categorized into beginner, intermediate, and advanced. Choose your option and hop in the pool!

SilverSplash®: Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Water Gym: This highly effective DEEP WATER WORKOUT will teach you how to use the water as a powerful gym, where you'll simulate running, biking, kick-boxing, cross-country skiing and more. A truly non-impact workout that will burn calories, tone & strengthen all of your muscles.

Water Moves: The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from an injury, or pregnant.