

Wet N' Sweat Descriptions

LAND:

Spinning Classes: Super instructors, awesome music, and visualization, helps you spin your way to a healthier you.

Yoga Flow: Traditional yoga poses are sequenced together to create a flowing class format which provides a cardio workout, enhances breath capacity, builds strength and endurance, and increases flexibility.

Beginning Yoga: Experience the importance of breath work, relaxation, and core-enhancing healing poses. Improve strength, flexibility, balance, and increase energy levels. This class is for both men and women of all ages.

Step-n-Tone: Simple step moves, basic choreography. Big workout!

Power Yoga: A flowing format yoga class with fast-paced sequencing intended to be an intense cardio workout and incorporating poses to increase strength and flexibility. A total mind/body workout.

*Participants new to yoga are encouraged to attend at least 1 Yoga Flow, or Gentle Yoga class prior to Power Yoga in order to gain a basic knowledge of safe body alignment.

Tone-n-Tighten: Is intervals of strength training to develop and define specific muscle groups: shoulders, back, arms; buttocks, hips, hips; and abs and core.

Aquacise:

101: This water fitness class is designed to please everyone. All levels welcome, as you may go at any pace you prefer. Water resistance provides muscular strengthening and endurance as well as a great cardiovascular workout. Go easy on yourself or make it a double time session, whatever the case may be, you will find your perfect speed in this class. ~You may want to have a pair of water shoes for this class.