

GROUP EXERCISE - SEA

Class Descriptions : Therapy Pool & Lap Pool

Anything Goes! - A cardiovascular interval workout for all fitness levels that is high energy but low impact. The blast then slows down to zone in on core strengthening, ending in a refreshing cool down.

Aquatic Art – This class is for Parkinsons clients. Call 239-573-4517 for details on getting started!

Aqua Boot Camp – Motivating instructors push you to work even harder in the water...improve your overall fitness with less impact to joints!

Aqua Yo-Chi - A 30 minute class that incorporates stretching with the use of noodles, yoga, and Tai Chi while warm water and peaceful music surround you.

Chips & Salsa - Class begins with warm up followed by all flavors of aqua dancing, and wrapping up with abs & a cooldown!

Fat Blaster! - Challenge your body (at your own pace) using step, cardio, strength training (SPRI tubing) and core all in one class. All the while having a good time burning fat, strengthening and conditioning your body.

Gentle Aquatic Yoga – ‘TAP” with Yoga ... a gentle warm water therapy class that incorporates yoga stretches & balance exercises

H2O Splash - Splash into fitness with a water workout that incorporates cardiovascular, strength training and flexibility.

MS Aqua – This class is for Multiple Sclerosis clients. Call 239-573-4517 for details in getting started!

Stretch & Strong - A class taught in the Therapy Pool that incorporates resistance and stretching movements for a long lean look.

Synchro Splash – A new class that works the entire body while moving gracefully & in unison through the water! Great for the core!

T.A.P. (Therapeutic Arthritis Program) - TAP offers gentle warm water activities in our therapy pool led by certified Arthritis Foundation instructors. This program is designed for those with arthritis, fibromyalgia, osteoporosis and joint replacements.

****Moms in Motion (Fee based)** - More women are taking an interest in becoming and continuing to be physically active. Here both pre & postpartum women safely and effectively continue their exercise programs. Call 239-573-4517 for details

We also teach swim lessons for ages 6 months to 100 yrs! We have both group & private lessons available for all ages. A typical session runs for 4 weeks- either 2 X weekly or every Saturday. Call 239-573-4507 to reserve yours or you child’s spot!

Space is limited-sign up TODAY!

***Note- There is always 1 (one) lap lane reserved for lap swim use**

Please be courteous when class sizes are small & allow lap swimmers the use of the lane closest to the lane divider whenever possible.

Our goal is to make everyone’s aquatic fitness experience most enjoyable!

Thank You!