

# Aqua Class Descriptions

- Aqua Kickbox:** Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches and drills. All fitness levels welcome.
- Deep Water:** An invigorating water exercise class that uses the buoyancy and resistance of the water for a safe, fun workout. Great for those with back, knee and joint problems as well as prenatal women.
- Aqua Bamba:** Immerse yourself in a low impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!
- AquaBatta:** This class follows the land Tabatta, and transforms it in the water, using intervals 20/:10 get ready for the heat!
- Liquid Fit:** A challenging and vigorous cardiovascular workout using the water and other equipment such as noodles, hydro-bells, and dumbbells for resistance training.
- Liquid Intervals:** A step above, intense cardio Intervals, may or may not use equipment to Provide extra resistance.
- Aqua Zumba:** Heat up the pool and learn the sassy moves of Zumba with the resistance of Water.



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