

Aqua Blast and "Aqua-lates"

Are you exhausted by mid-day? Are you tired of waking up with aches and pains? Are you looking for variation in your workout program? If so, your body will thank you for the new Aqua Blast fitness class offered at the Civic Center. Aqua Blast/Aqua-lates will meet every Monday and Wednesday from 6:30pm to 7:30pm beginning January 4th. The inaugural session of classes will last 5 weeks with instructor Haze Lockee.

Aquatic-based fitness is attractive to fitness fans of all shapes, sizes and ages because of the many benefits of adding water to your workout. Aqua Blast provides the perfect blend of cardio and muscle conditioning while adding 12 times the resistance because of the increased density. You will burn more calories (400-500 in a one hour class), increase flexibility, strength, heart health, and coordination, reduce joint discomfort, sleep better, and relax your body and mind with Aqua-lates. This class will offer many of the formats that you love to do on land, but will benefit from even more in water.

- Aquatic kickboxing
- Water Cycling
- Aqua Boot Camp
- Jogging/Walking
- Water Aerobics
- Every night Aqua Pilates and Yoga!

We hope to see you at the start of the New Year.
It's time to think about you!