

Pierson Road Family YMCA Water Aerobics Class Descriptions

Aqua Box: AquaBox combines the benefits of a water aerobic workout with the fun and energy of cardio kickboxing. Boost your fitness level through punches, blocks, strikes, and kicks against the resistance of the water. You will increase your endurance, agility, and coordination as well as balance and core stability. Suited for all fitness levels.

Aqua Zumba: Splash your way into shape with this fun low impact workout! This program gives new meaning to the idea of a refreshing workout, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Aqua Flex: Toning and stretching with a low impact cardio workout. Perfect for people with arthritis.

Hydrorobics: Not for the faint of heart! This fast paced high impact workout will increase your fitness level through intense aquatic training.

Tone-Robics: Moderate impact workout that is fun and challenging. This class combines aerobic exercise and strength training in the water.