



## AQUATIC CLASS DESCRIPTION

Class	Class Description
<b>SHALLOW H2O</b>	An amazing no-impact workout in the water that conditions and tones the body while working the cardiovascular system.
<b>DEEP H2O</b>	This no-impact workout in the deep end of the pool gives you that extra boost of intensity (or wear a belt for a lower intensity workout).
<b>COMBO AQUA</b>	Combines both deep and shallow exercises for extra variety and challenge.
<b>Step up/Shape and Tone</b>	Take your aqua class to new heights on our water steps. Tone your legs while making a splash!
<b>Aqua Bootcamp</b>	Our more challenging aqua classes run on Tuesday/Thursday evenings. Work a variety of muscles while challenging your cardio.
<b>WATER RUNNING</b>	Excellent cardio respiratory exercise. Perfect for weight loss and injury recovery. Bungee cords are used for resistance in the water.
<b>Parent and Tot</b>	Enjoy a swim with your family! All children 12 and under must be directly supervised by a parent at all times. Children 16 and under may use the Junior Locker Rooms on the lower level.
<p style="text-align: center;">For more information, call Lori Lewis 905 275-0610 x206</p>	