

HOCKESSIN ATHLETIC CLUB Aqua Fitness Classes



FREE AQUA FITNESS CLASSES

Aqua Tude | 55 Minutes

A fun, high-energy workout with stretching, warm up, abs work, strength training, cardio work, and deep water work. Includes some plyometrics. Best for persons without orthopedic complications who want a total-body workout.



Aqua Zumba® | 45 Minutes

Integrating Zumba™ with traditional aqua fitness, this class blends it all together into a safe, challenging, water-based

workout. Includes cardio conditioning, body-toning, and most of all, exhilaration beyond belief!

Deep Water Class* | 45 Minutes

Suspended exercise using a floatation belt, hand buoys, and noodles. Ideal for increasing balance, coordination and aerobic fitness. For teens and adults. Water depth up to 8 feet. **When held in the outdoor pool. May be cancelled due to inclement weather.*

Deep Water Saturday | 55 Minutes

Enjoy a high-energy suspended workout with low impact in the deeper end of the pool. Using flotation devices, challenge your core and balance while strengthening your muscles. Equipment used includes flotation belts, hand bouys, noodles and gloves. The hour includes warm up, aerobics, and cool down. Appropriate for teens and adults.

Warm Water Walking & Strengthening | 50 Minutes / 6 participants

Enjoy the warmth of the Therapy pool while working to improve balance and joint range of motion, flexibility, and core strength. This low to no-impact class uses the resistive and assistive properties of water for a fun and enjoyable full body workout. Come on in the water is warm!



WaterInMotion® | 55 Minutes

A high-energy cross training workout without the pull that gravity plays on the body and joints, specifically the knees and back. With land-equivalent intensity, sing-along music, and dynamic instructors, enjoy the pure fun of this water extravaganza!



New! WaterInMotion® Strength | 60 Minutes

Take advantage of the aqua environment to build muscular endurance, power, and overall tone in a workout using aqua dumbbells. Use the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION® Strength's unique choreographed formula to keep your training fresh, new, and challenging.



WaterInMotion® Platinum | 45 Minutes

A shallow-water, low-impact aqua exercise experience that offers active aging adults 65+ age group and/or deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.



Warm Water Arthritis (WaWA) | 55 Minutes/ 6 participants

Warm Water Arthritis (WaWA) is designed for individuals with arthritis or other joint issues. Classes focus on flexibility and range of motion, muscular strengthening, balance and coordination, cardio-respiratory endurance, and relaxation techniques. These essential elements are addressed in a low-impact, supportive, member-focused environment. Limited to 10 participants per session.

