

Water Fitness

All classes welcome participants of all ages from 13yrs+. For your convenience when choosing a drop in class we have now listed the intensity beside the class:

* For everyone from beginners to the more advanced. Emphasizes fun, form and effective workouts; challenging options given for experienced participants.

** For participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are active.

*** For consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

Deep Waterfit **

This is a no-impact, high energy, moderate workout in deep water. Floatation belts are used. The class can be modified for all fitness levels.

Deep Water Recovery *

A transition class for those participants coming out of our Rehab programs or suffering from arthritis. This class focuses on increasing stability, flexibility and endurance. This gentle deep water class is a great low-impact program. All levels of participants are welcome.

Mild Waterfit *

A gentle and fun no-bounce water fitness class aimed at increasing core stability, strength and endurance, with arthritis or simply wanting a mild class held in the shallow pool.

Shallow Waterfit **

A moderate to intense, self-paced workout focusing on total body conditioning held in the shallow pool.

Waterworks *

Arthritis Society approved. This class is designed to increase movement in joints and to develop muscles to support joints. Equipment includes noodles, dumbbells and support belts.