

Pound Plunge Class Descriptions

Boot Camp

A cardio workout that will incorporate all levels of fitness from beginner to advanced. Instructor will maximize your workout to your capabilities by modifying moves from low to high impact. Program incorporates punches, jabs, and boxing techniques. Open to all fitness levels.

Saturday mornings from 8:45-9:45

Power Yoga

This more challenging style of yoga blends continuous movement with longer holding of traditional yoga postures. The deep breath work provides tremendous relief to tight muscles and built up tension. In the end, you will be rewarded with five minutes of relaxation and meditation. Bring a yoga mat, towel and water. Open to all fitness levels.

Saturday mornings from 8:45-9:45

Yogalates

This class is a combination of Yoga and Pilates. Strengthen and lengthen your core "power house" for the body while creating balance, endurance and flexibility. Learn breathing techniques to help improve overall mind/body fitness. Open to all fitness levels.

Wednesday nights 6:45-7:45

Cardio Kung Fu

Wednesday nights from 5:30-6:30

Aquacise!

An aerobic program held in the main pool; includes warm-up, cardio conditioning, isolation exercises for specific muscle groups, and a cool down. Let the water provide the resistance, this class no-impact! Open to all fitness levels.

Wednesday nights from 7:30-8:15

Arthritis

A recreational class in our 88-degree pool for adults with any type of arthritis. Participants are instructed in a series of specially designed activities to assist with flexibility and range of motion. It is not necessary to know how to swim to participate in this program. Open to all fitness levels.

Wednesday nights from 6:00-7:00