

For the latest class schedules and monthly newsletters go to parrishhealthandfitness.com



Group Aquatic Programs

WARM WATER POOL:

Participants must sign in at the Reception Desk.

Arthritis Movements: Strengthen muscles, improve flexibility and boost your mood and self confidence. This class empowers people with Arthritis through aqua exercises and Aqua Ai Chi that will increase mobility, reduce pain, stiffness, and physician visits.

Aqua Kriya: Yoga practiced in the water makes it accessible to all. The unique properties of water make it the perfect medium for those that are challenged with physical limitations. The combination of buoyancy, resistance, hydrostatic pressure and warm water combine to offer greater access to therapeutic yoga poses. In this class we do yoga poses that may be difficult or impossible on land and the body reaps the beneficial rewards this class has to offer in the warm water pool.

LAP POOL:

Extreme H20: A sequence of structured flowing movements designed to work all major muscle groups, elevate the heart rate and burn calories.

Splash Dash: No time for a full one- hour workout? No problem! This 45 minute express class is guaranteed to be just the class you need. Join us for this lively, invigorating water workout for fitness enthusiasts of all ages.

Aqua Zumba® “pool party”: Make a splash in our low-impact, high-energy aquatic exercise class! Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles. In this upcoming Aqua Zumba® class, you can really let loose, while strengthening your body.

Instructors Choice: Enjoy this 45 minute Aquatics workout that will improve your range of motion, strengthen core muscles and increase your endurance. This class is designed for all levels of activity and will be a different workout weekly.

SERVICES:

Swim Lessons & Swim Team Information available at the Reception desk.

The Harmony
OF WELLNESS