**AQUA FIT CLASS DESCRIPTION:**
Our Aqua Fit class includes a variety of shallow and or deep water exercises. Participants may take class from the depth they are comfortable with. Your instructor will guide you through a warm up, cardiovascular exercises, as wells strengthening moves. Aqua belts, water weights, and/or noodles may be used. By using your body’s natural buoyancy, water reduces joint stress while creating natural resistance to work the muscles of the body. Class format may vary by instructor. Aqua Fit classes are 45 minutes.