

## Class descriptions

- HIIT
  - Higher intensity classes that will vary from night to night. Interval training with set exercise and rest times.
- Power Surge
  - Moderate intensity. A variation of stacked. The last set is the surge. All exercises are done back to back with no breaks for a 12 minute set for an endurance challenge.
- Aqua Combat
  - Higher intensity. Feel the strength and power of combining kickboxing, punching, and rebounding in the aquatic environment. This explosive workout will get your heart pounding. All moves can be modified depending on your fitness level.
- 6 in 6
  - All fitness levels welcome. Six minute sets of alternating higher intensity cardio and strength exercises using aquatic equipment to strengthen muscles and suspended moves for core strengthening.
- Boot camp
  - All fitness level welcome. Circuit style class focusing on strength, endurance and cardio.
- Wave Runner
  - A fun class that keeps you moving. Build stronger legs and core with the original Wave Runner class. Run through the waves during “high tide” to build endurance and core strength. Be ready for a different kind of workout during “low tide”.