

Class Descriptions

<p>"To create the most enjoyable, results driven atmosphere."</p>	
 <p>Aqua Fit (60 min)</p>	<p>A great, motivating aquatic exercise class incorporating all levels of fitness. You will not only work your muscles in the class, but your heart as well. A great workout for the mind & body. Additional equipment, such as water noodles and balls may be incorporated into this great workout.</p>
 <p>aqua ZUMBA (60 min)</p>	<p>Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. (Mesa location only at this time)</p>
 <p>BODY ATTACK (60 min)</p>	<p>BODYATTACK™ is the simple, sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. Options are given for all fitness levels.</p>
 <p>BODY COMBAT (60 min)</p>	<p>BODYCOMBAT is The Workout With Punch. It is a high-energy cardiovascular training class that combines moves from a wide range of martial arts disciplines. Bodycombat allows you to punch and kick your way to increased fitness levels. The class improves fat burning potential, muscle coordination, strength, flexibility and agility. Bodycombat is suitable for anyone who wants a challenging and athletic class.</p>
 <p>BODY FLOW (60 min)</p>	<p>A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century. BODYFLOW brings mind and body into perfect harmony. Try this revolutionary holistic approach to fitness.</p>
 <p>BODY JAM (60 min)</p>	<p>BODYJAM is the cardio class set to the latest music blended with the sensation of movement. With the emphasis as much on having fun as breaking a sweat, BODYJAM is an addictive fusion of dance and cardio moves. Unsure of the dance moves? Don't worry! EVERY class starts with a short technique session to help you get the most out of your workout and burn more calories!</p>
 <p>BODYPUMP (60 min)</p>	<p>A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness classes.</p>
 <p>BODY STEP (60 min)</p>	<p>BODYSTEP is the ultimate way to give your body a high energy cardio blast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.</p>
 <p>LES MILLS SH'BAM (45 Min)</p>	<p>SH'BAM™ is the ultimate fun and sociable way to exercise. Featuring chart-topping popular hits and simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged.</p>
 <p>Cinema Ride</p>	<p>Is your workout time in the afternoon? Then come enjoy a free ride in the RPM room while enjoying a movie. Two new movies start on the 1st of every month. This is a free ride with no instructor present. (*NA at Mesa location)</p>
 <p>LES MILLS CXWORX (30 Min)</p>	<p>At the intersection of science and personal training lies a new kind of workout ...A workout that will tighten and tone your abs, back and butt like nothing else before. CXWORX™ - Revolutionary core training</p>
<p>Family Swim</p>	<p>Bring your kids & come splash around in our pool. We'll even bring out water toys. It's a great way to spend quality time with your family. All ages welcome. Parents MUST be with children at all times.</p>
 <p>F.I.T. (30 min)</p>	<p>Stands for Functional Interval Training. This class uses a variety of tools, such as kettlebells, free weights, TRX, battle ropes, and body weight to challenge your body, training your muscles to work together as a whole. With a class size of no more than 16, you will also benefit from individualized instruction.</p>
 <p>GROUP ACTIVE (60 min)</p>	<p>Activate your life in only one hour! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. Get more out of life, Get Active!</p>
 <p>INTENSITY (45 min)</p>	<p>This training program was designed with the most elite athletes in mind challenging them to break plateaus and set new records. Keeping the small group mind set while pushing individuals to new levels of success!! Please consult a personal trainer before attending this class.</p>
<p>Joints in Motion (45 min)</p>	<p>This is an intermediate level aqua class with approximately 25 minutes of cardiovascular training followed by strength and range of motion exercises. Both beginner and intermediate levels will be demonstrated.</p>
 <p>rpm (45 min)</p>	<p>Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive. <i>RPM MAX is the same great workout, but with 2 additional songs.</i></p>
<p>Silver Flipper (45 min)</p>	<p>Fun exercises performed in the water designed to improved daily living and functional activities.</p>
 <p>The Silver Sneakers Fitness Program MSROM (45 min)</p>	<p>Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand held weights, elastic tubing, and a ball are offered for resistance; and a chair is used for seated and/or standing support.</p>
 <p>The Silver Sneakers Fitness Program Cardio Circuit (45 min)</p>	<p>Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.</p>
<p>Swim Lessons</p>	<p>Lesson times vary. Please call Waterworks On Wheels for more information at (480) 461-3888.</p>
<p>Total Body Workout (60 min)</p>	<p>This class will make the most of your time. Enjoy a variety of cardiovascular work and muscle toning. By doing both types of exercises, your body will work more efficiently to burn fat and your metabolism will increase. **ONLY at Mesa location.</p>
 <p>water motion (60 min)</p>	<p>The newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza. Catch the Wave!</p>
<p>Water Volleyball</p>	<p>A drop in class that is FREE to all members. We provide the net and ball, you bring the fun!! This is a NON-COMPETITIVE class. Grab a card at the front desk and join in the fun! **ONLY at Gilbert location</p>
 <p>ZUMBA FITNESS (60 min)</p>	<p>A fusion of Latin and International music, this class combines high energy and motivating music with unique moves and combinations that are not only fun, but easy to do. Join the Party!</p>
 <p>ZUMBA gold (60 min)</p>	<p>This class takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, the easy-to-follow moves, and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. (Mesa location only at this time)</p>