

Class Descriptions

Aqua Mix- This water aerobics class is a mix of cardio, strength training and stretching exercises. You'll go home feeling invigorated! Water aerobics decreases impact and increases resistance, making classes safe and effective for all levels of fitness. 😊😊😊

Aqua Noodle- Join us in the pool for this light toning water class focusing on the core using only a noodle! 😊

Butts N' Guts- This half hour class is designed to tone and work your abs and back side. Come try out this class that will make those muscles scream!! 😊😊😊

Balance Basics- Designed to improve balance and strength for individuals who may be fearful of falling or are looking to improve their level of fitness. 😊

Cardio Plus- This is an intense toning class focusing on the whole body. Designed for people who want to get back into shape 😊😊😊

PWR!- Parkinson's **W**ellness **R**ecovery class focuses on exercises and techniques to improve daily living. 😊

Water Aerobics - Water aerobics is designed to increase aerobic and muscular fitness as well as flexibility in a safe low impact environment. 😊😊

Water Works- In this pool class you will quickly alternate between cardiovascular exercises, keeping your heart rate elevated throughout your workout. You'll move through a sequence of total-body exercises fitness in just 30 minutes. 😊😊😊

Senior Fit - Increase your strength, range of motion, balance, coordination, and overall sense of well-being all in one class! 😊

Intensity

😊 Low Intensity 😊😊 Moderate Intensity 😊😊😊 High Intensity

The logo for Club Bethesda features a blue curved line above the text "Club Bethesda" in a bold, blue, sans-serif font.

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