

HAMPTON VA

WATER FITNESS CLASSES

FITNESS PUNCH PASSES (20 classes):

Adult: \$40.00

Senior: \$35.00

NO CLASSES MAY OR DECEMBER

Hampton Aquatic Center

MONDAY/WEDNESDAY/FRIDAY

AQUAFIT: 8:00am-8:45am: A shallow water exercise class designed to tighten and tone muscles and increase flexibility for the ability to perform daily activities with ease.

STRETCH AND TONE: 9:00am-9:45am: A moderate-to-high impact and intensity exercise class designed to increase cardiovascular, muscle strength and stamina in shallow water.

TUESDAY/THURSDAY:

STRETCH AND TONE: 5:30pm-6:15pm: A moderate-to-high impact and intensity exercise class designed to increase cardiovascular, muscle strength and stamina in shallow water.

Ft Monroe Community Center

MONDAY/WEDNESDAY/FRIDAY

DEEP WATER FITNESS: 9:00am-10:00am: A moderate-to-high intensity class (with no impact) designed to increase cardiovascular performance, muscle strength, and stamina in deep water (buoyancy belts are worn).

MONDAYS



6:00pm-6:45pm: 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!