

TriHealth Fitness & Health Pavilion

Water Group Fitness Program

Arthritis Plus (Warm Water Pool)

This Arthritis Foundation Aquatic Program (AFAP) is designed to alleviate the pain and stiffness associated with arthritis, and to improve your activities of daily living. The soothing quality and buoyancy of warm water make it a safe, ideal environment for exercising. Arthritis Foundation trained instructors will lead you through gentle range of motion exercises plus a 5 minute endurance portion. (Level 1 beginner)

Aquacise (Warm Water Pool)

This low impact water fitness class emphasizes toning, stretching and cardiovascular conditioning. Participants work at their own level of intensity using various forms of traveling and rebounding for exercise and cardiovascular fitness. (Level 1 and 2 beginner and intermediate) Rotating instructors will be Naomi and Mary on Mondays, and Laurie, Sanjita, and Naomi for the Friday class.

Core Creations (Warm Water Pool)

We can never seem to get enough challenging core work! This shallow water class will focus on core stabilization, balance, and strength training. Using various types of equipment to activate deeper muscles, you will learn how to stand tall, stay flexible and move with power from your core. (Level 1 beginner)

Deep/ Cardio Blast Water Workout (Main Pool)

This is an intense strengthening, muscle toning and cardiovascular conditioning class taught in the deep water. A water belt will support you with your head comfortably above the surface at all times. A great cross training alternative. We are combining the deep water and body blast class.

Warm Water (Warm Water Pool)

Our deep water class is a non-impact class taught in the deep part of the pool. This encompasses core and stability training. The focus is to increase endurance and mobility in the warm water using the water's resistance. Some cardio work is done but limited due to the heat of the warm water pool. All participants are required to wear a belt in the deep water. (Level 1 beginner)

Fitness for Two (Main Pool)

This is a strengthening, muscle toning and cardiovascular conditioning class for moms-to-be. Taught in deep water, a water belt will support you with your head comfortably above the surface at all times. Our classes follow the American College of Obstetricians and Gynecologists recommendations for exercise during pregnancy. Class is also appropriate for postpartum women. Physician consent is required for participants in this class. Members are free, non-members \$120 for ten classes. (Level 1 beginner)

Liquid Fusion (Warm Water Pool)

Liquid Fusion brings together the movement qualities of power and relaxation. By blending class formats, the body is conditioned and balance is improved all in one class! Work hard against the water's resistance with a shallow water workout or indulge in its fluid tranquility with core stability training.

Aquatic Functional Fitness (Main Pool)

Invigorate your body and avoid joint and muscle pain by moving your arms, legs, and trunk in all potential angles of motion. This low impact training format is specifically designed to enhance core stabilization, strength, flexibility, and cardiovascular endurance. Use of drag equipment will intensify resistance to attract all fitness levels.