

# VALLEY POOL

---

## GROUP FITNESS CLASS

### DESCRIPTIONS

---

PILATES - THIS CLASS FOCUSES ON POSTURAL ALIGNMENT, CORE STABILITY AND SPINAL MOBILITY USING SLOW, CONTROLLED MOVEMENTS

HIIT - HIGH INTENSITY INTERVAL TRAINING (H.I.I.T) INCORPORATES STRENGTH, PLYOMETRIC AND CARDIOVASCULAR MOVEMENTS TO GIVE YOU THE MOST INTENSE AND FUN WORKOUT EVER!

SWIM-FIT - SWIM FIT IS SUITABLE FOR INTERMEDIATE AND ABOVE SOCIAL AND FITNESS SWIMMERS, FROM YOUNG ADULTS TO ACTIVE SENIORS. THE CLASS FOCUSES ON BUILDING AEROBIC FITNESS, SWIMMING SKILLS AND TRAINING TECHNIQUE

FAST 30 - A HIGH INTENSITY WORKOUT THAT MOVES QUICKLY THROUGH A VARIETY OF EXERCISES THAT FORCE YOU TO USE YOUR WHOLE BODY

BEGINNER SWIM-FIT - SWIM FIT IS SUITABLE FOR DEVELOPING, SOCIAL AND FITNESS SWIMMERS FROM YOUNG ADULTS TO ACTIVE SENIORS. THE CLASS FOCUSES ON BUILDING AEROBIC FITNESS, SWIMMING SKILLS AND TRAINING TECHNIQUE