

Class Name	Descriptions
Aquability	This class is suitable for individuals comfortable moving in water without assistance. Class focuses on enhancing balance, posture, functional range of motion and muscular strength. Mindful movement designed for those with mild to moderate health challenges.
Calm Water	Work independently with exercises prescribed by your doctor or ask staff for a starter. program.
Aquafit	A gentle, joint-friendly water fitness class designed for seniors. Improve your strength, balance, and flexibility while having fun in the pool — no swimming skills required!
Friendly Float	Enjoy non - structured time. Take this opportunity to try the pool equipment, socialize, laugh and have fun!
Ladies Class	This gentle, low-impact water fitness class is designed specifically for senior women to improve strength, flexibility, balance, and cardiovascular health. Using the natural resistance and buoyancy of water, participants perform exercises that are easy on the joints while enhancing overall mobility and well-being. The class fosters a supportive, social atmosphere and can be adapted to suit all fitness levels.
Men's Class	This gentle, low-impact water fitness class is designed specifically for senior men to improve strength, flexibility, balance, and cardiovascular health. Using the natural resistance and buoyancy of water, participants perform exercises that are easy on the joints while enhancing overall mobility and well-being. The class fosters a supportive, social atmosphere and can be adapted to suit all fitness levels.
Parkwood Campus Classes	For residents/tenants who live on Campus.