



LIVING WATER
RESORTS

ABOUT STUDIO FITNESS CLASSES

AT LIVING WATER FITNESS STUDIO

Family Zumba

Learn to Zumba to the latest dance styles of Latin, Top 40, Hip-Hop, Salsa, and more. A family-friendly environment with moves to accommodate all levels of fitness. A fun way to come out and burn some calories with family & friends. No dance experience required!

Family Yoga

This class is designed to move at a slow pace. Focus on simple stretches and posture to improve flexibility, release tension, reduce stress and promote relaxation. Learn to breathe naturally, calming your nervous system with basic yoga poses.

Fitness/Stretch

This program improves flexibility, builds strength, and develops control and endurance in the whole body. It will emphasize proper alignment, breathing, a strong core 'power house' and help to improve coordination and balance with relaxing stretches at the end. A great way to have fun and enjoy exercise!

ABOUT AQUA FITNESS CLASSES

AT LIVING WATER RESORT & SPA POOL

Aquafit

Water-based cardio routines to strengthen, tone and sculpt your body while listening to fun and upbeat music. Performed standing in 4 ft, 6 in of water, allowing for a variety of low or high impact training. Ideal for strengthening muscles for anybody with joint or mobility issues of all ages.



PLEASE CONTACT OUR FRONT DESK TEAM
IF YOU HAVE ANY QUESTIONS.