



Twin Falls City Pool

Water Fitness Classes



Schedule & Class Descriptions (Beginning Tuesday, January 3)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	AQUA BOARD: STRENGTH		AQUA BOARD: FLOW		
8:00am	CSI Water Fitness Class	AQUA BOARD: ACTIVE	CSI Water Fitness Class	AQUA COMBAT	CSI Water Fitness Class
12:15pm		AQUA BOARD: FLOW		AQUA BOARD: STRENGTH	
5:30pm	AQUA BLAST		AQUA BLAST		AQUA COMBAT
6:00pm		AQUA COMBAT		AQUA BOARD: STRENGTH	
6:30pm	AQUA BOARD: FLOW		AQUA BOARD: STRENGTH		

- AQUA BOARD CLASSES**

- AQUA STRENGTH** is a balance and strength-based workout that challenges you to maintain proper postural control and alignment while performing Yoga, HIIT, Pilates, and resistance band exercises on a water fitness board.
- AQUA FLOW** engages with yoga postures & strong transitions. Tone your body, build balance, flexibility and increase your metabolism.
- AQUA ACTIVE** is a low impact, core-stabilization, workout that builds strength, flexibility and endurance. All exercises are performed sitting down and designed specifically for older adults.
- AQUA COMBAT** will have you striking and kicking like an MMA Pro. Gain muscular strength, endurance and coordination through water resistance training and choreographed mixed martial arts inspired movements.
- AQUA BLAST** is a fast moving, music filled class that focuses on aerobic endurance and resistance training in chest deep water. These goals are achieved through the natural buoyancy only the water can provide!
- CSI Water Fitness Class:** Water aerobics is great on the body because of the reduced impact while providing the same workout that land exercises can provide! This class is geared towards participants 60 & older. This class can ONLY be registered for through CSI at (208) 732-6855.



Water Fitness Prices

- Water Fitness Membership:** Don't worry about picking a time when you can register for all of the classes (except the CSI class)! The Water Fitness Membership includes all of the City Pool provided classes for 1 monthly fee! Memberships are for participants 14 years of age & older.
- Prices:**
 - City Pool Members: \$25 month Community: \$45 month
 - Purchase a membership online by visiting our website at tfid.org/citypool or scan the QR Code:

