

Aquatic and Fitness Center



Ocean City Aquatic and Fitness Center

([Website](#))

1735 Simpson Ave., Ocean City
398-6900

Class Descriptions

H I I T: High Intensity Interval Training

T B W: Total Body Workout

Tabata: Set Timed Intervals & Rest for a variety of Exercises.

Body Sculpting: This portion of class is stationary muscle conditioning utilizing hand weights and/or xertubes for added resistance.

Strength Training: Full body workout with dumbbells.

Kickboxing: Hi Cardio with incorporated kickboxing moves.

Cardio Kick: Hi Cardio with incorporated kickboxing moves.

Step II: This class is for those that have mastered Step I.

Zumba: High energy dance class with a Latin flair

Insanity: is MAX interval training using explosive cardio and plyo drills and nonstop intervals of cardio strength and power for the ultimate conditioning program.

Pilates/Core: Work Core Strength.

Barre: Many moves are based on classic Ballet positions.

Smooth Moves: Exercise for those with limited mobility.

Light Weights: Intro to strength class starting with basic dumbbell exercises and balance work.

Martial Arts: Learn the many techniques of self defense.

Tai Chi Ch'uan: Martial Arts Stretching.

Yoga: This class is designed to build strength and stamina doing a variety of different postures. Then unwind during a period of relaxation.

TO PARTICIPATE IN A YOGA & KIDS CLASSES YOUR NAME MUST BE TAKEN AT THE FRONT DESK BEFORE CLASS.

Kids Fun Yoga: Practice yoga while having fun and working out.

K – 3rd Gr. Kids Fitness: Get energy moving in a fun fitness setting