

MASA Fitness Opportunities



Morning Water Walk/Water Exercise

7:30–8:30 a.m. Monday–Thursday – Ongoing!!

MASA offers a water exercise program for men and women, combining the elements of movement and water to improve muscular strength, endurance, and flexibility as well as cardiovascular performance. This program is especially beneficial for those who have not been physically active, those who suffer from arthritis, back discomforts, and/or other physical limitations. No swimming skills are necessary. Water exercise is a low impact exercise designed for all fitness levels. The buoyancy effect of the water benefits by applying minimal stress on the feet, ankles, knees, and hips. Water fitness provides more range of motion for older adults and others who may have specific movement problems. Only those participating in the class can be in the pool during this time. A year round incentive program is also offered for members.

Water Aerobics

Thursday Nights 6:30–7:15 p.m. – Ongoing!!

In addition to what Water Fitness offers. Water Aerobics offers a more vigorous workout, which uses routines that involve rhythmic, consistent movements to raise the rate of your heart rate and respirations while offering the resistance of the water for toning.

Aqua Zumba

Tuesdays 6:30–7:30 p.m.

Saturdays (every other) 8:00–9:00 a.m.

Fridays 7:30–8:30 a.m.



Just Add Water and Shake...Splash your way into shape with an invigorating low impact aquatic exercise. Known as the Zumba "pool party", the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief.

Water Fitness

Saturday (every other) 8:00–9:00 – (class is held from Labor Day to Memorial Day)

Using a combination of exercise and aerobics techniques, you get a vigorous workout with the added resistance of water. Improve your muscle tone, flexibility, and cardio-respiratory performance. No special skills are required. Swimmers and non-swimmers alike are welcome to participate. Water fitness is offered in the fall through spring and members can participate in a year-round incentive program offered to keep you motivated.