

Let our fitness instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy, Physiology, Kinesiology, and Exercise Design. We pride ourselves in exceeding national standards. Each instructor's unique style offers a program for everyone. While swimming is not required, a comfort level in shallow and deep water is recommended. Water shoes and webbed gloves are encouraged. Come check out this great fitness alternative. All of our classes feature HYDRO-FIT equipment. Due to pool acoustics no music is used during classes.

New participants are encouraged to attend one fitness class on a trial basis if the program session is not full (participant must sign a release form before participating in class). Come try us out-you'll like what we have to offer.

Admission to all of the below listed water fitness programs is with the pass system. (See chart) Passes are good for six months from the day of purchase. Daily visits can be purchased at the information desk. All classes are ongoing and may be joined at anytime. Participants receive a 20% discount on all PAFC programs when they possess an annual membership.

Class Pass Rates for Getting Started, Winding Down, Aqua Energy