

Debbie Pressnell

Hello! My name is Debbie Pressnell. I've been teaching aquatics fitness classes for 9 years. I enjoy the opportunity to exercise and work with people at the same time. I am certified with the Aquatics Exercise Association as well as the Arthritic Foundation.

I teach Aqua Jump and Kickin' it in the Deep. For Aqua Jump, if you enjoy jumping on a trampoline out of water, you'll enjoy it even more in the water. It's a totally different workout where you'll be doing things you can't do on land. I truly enjoy that freedom and I think that you will enjoy it too. When you come to kicking it in the deep, we have flotation devices you can use which help you stay up in the water. It's a great way to engage your core and give you a nice workout. You'll get a good workout in the deep water and engage muscles throughout your body.

Come join me for Kickin' it in the Deep and Aqua Jump, I think you'll enjoy it!