



## Must bring your own equipment

[illegible]

**Exercising in the water has several advantages for all fitness levels. Water buoyancy lessens the stress on weight bearing joints, making movement more comfortable and is a great cross training activity. The water also provides mild resistance to all movements. The warmer water aids in relaxing the muscles and in stretching.**

## Water Fitness Class Descriptions

Aqua Aerobics	0	2	An energetic and invigorating class that combines 30 minutes of cardiovascular conditioning followed by 30 minutes of strength training for a fun filled total body workout accompanied by upbeat music, with no strain on joints and muscles.
Shallow Water Runners	0	1	Have fun and move to the music in the shallow end of the pool using the natural resistance of the water to increase strength and cardiovascular health, during either of these one hour workouts.
Movin & Groovin	0	2	A less rigorous class, combining social fitness and fun in the pool, using foam weights and noodles for stretching with no stress to muscles and joints
Water Pilates	3	3	This program creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace.
Water Yoga & Basic Stretching	3	3	Learn how to stretch your entire body while providing resistance. Enhance flexibility, strength, breathing and body awareness while connecting mind and body.

0 Active Older  
= Adults

1 Low Intensity  
=

3 Mid Intensity  
=

4 High  
= Intensity

C =  
CHOREOGRAPHY

1 Workouts have no choreographed  
= movements

2 Loose choreography that can be  
= adapted

3 Class is based on choreographed  
= movements