

# Aquatics Class Descriptions

**Pilates Flow** - This flowing low impact workout brings Pilates to the water. Exercises that target the abdominal and legs are performed in deep water and at the wall. Based on the exercises used, automatic stretching and lengthening take place while performing the movement. Your lower body and midsection get great definition from this workout.

Levels: All

**Aqua Yoga** - Yoga is an ancient system of health and wellness. It is a way to bring physical, emotional and mental balance to our lives. Yoga offers a gentle non-competitive form of exercise that is suitable for all fitness levels. Yoga in the water will bring you greater balance and flexibility.

Levels: All

**Cardio** - A non stop water workout designed to really work and strengthen the heart. Kicks, lunges, jogging, boxing and more are incorporated for a one hour workout designed to deliver.

Levels: All

**Seniors** - The natural properties of water including buoyancy, or weightlessness combined with 3-dimensional resistance of the water environment, can let people move in ways that their disability or age might not otherwise allow. Participants learn to work the water to best meet their intensity and fitness needs. This can better prepare the body for demands required for daily living activities.

Levels: All, Special Populations

**Total Body** - Strengthen, tighten and tone all muscle groups with this effective aqua fitness workout. Begin with a warm up for flexibility and stretching; work the arms in the water for strengthening; cardio for lungs heart and calories burning; use of the noodle gives way to total body exercises while wall supported will work the abs, hips, legs, thigh and buttocks.

Level: All

**Water Walking** - (30 minutes) – Discover the fitness and therapeutic benefits gained by water walking. Thirty minutes of water walking is equal to two hours of walking on dry land!!!

**Water Works** - A terrific deep water workout (or shallow) featuring Aqua Jogger equipment. Strengthen, tone, and tighten your muscles; improve lung and heart capacities. This routine forces you to remain focused. It challenges you mentally and physically. The format includes a warm up for flexibility and stretching, cardio moves for lungs, heart and calorie burning, noodles for support, resistance and intensity and a cool down stretch and relaxation.

Level: Intermediate and up

**Water Express** (30 minutes) - A deep water class that offers an energetic aerobic workout in a fraction of the time using various floatation devices. This class is good for joint flexibility, muscle strengthening and cardiovascular fitness.

Levels: All

