



# Water Fitness Winter 2019

## Class Descriptions:

### Water Fitness

Is a moderate to high level cardiovascular workout. This low impact workout is designed to work every muscle group. The water's buoyancy decrease stress on hips, knees, ankles and feet. Great workout for any age.

### Water Arthritis

Classes follow the guidelines for the Arthritis Foundation, providing exercises for mobility, flexibility and stretching. These classes are designed for those with arthritis, MS and related conditions. Classes cover movements to strengthen posture, balance, core strengthening, range of motion, and flexibility.

### Deep Water Walking

Is a class allotted pool time *without an instructor*. The deep end of the pool is made available for participants to wear a jog belt and work at their own pace at endurance and strength training.

### Evening Water Fitness

Slice it and dice it for maximal cardio intensity. This fast paced shallow water class combines a variety of fitness moves and equipment to work all muscle groups to provide strengthening and toning. A great class to burn those calories!

### Deep Water Workout

Is an advanced class that focuses on posture, coordination, and range of motion while strengthening the core. Swimming skills are not required, although comfort in the deep water is a must!

### Sr Water Fitness

A low to moderate level cardio workout. Seniors join peers to experience a workout where the instructors lead through a variety of movements and combinations. Arms, legs, and abdominal exercises are conducted with various pieces of equipment.

## Class schedule:

8:00-9:00am MWF	Water Fitness
8:00-9:00am T/TH	Water Arthritis
8:00-9:00am T/TH	Water Walking (No Instructor)
10:30-11:30am T/TH	Deep Water Workout
11:00-noon MWF	Water Arthritis
Noon-1:00pm MW	Water Fitness
Noon-1:00pm T/TH	Sr Fitness
6:00-7:00pm MW	Water Fitness
5:15-6:15pm T/TH	Water Fitness