**AQUATIC FITNESS SCHEDULE…Jump in! July 2022 ![C:\Users\Sara\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P1WUX330\MC900021313[1].wmf]()**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10:00 AM |  | **Twinges in the Hinges** |  | **Twinges in the Hinges** |  | **Twinges in the Hinges** |  |
| 12:00 PM |  | **Twinges in the Hinges** |  | **Twinges in the Hinges** |  | **Twinges** **in the Hinges** |  |
| \*6:00 PM |  **July**  |  **Aqua Blast** |  | **Aqua Blast** |  |  |  |
| 6:00 PM |  |  | **Deep Water Cardio Core** |  | **Deep** **Water Cardio** **Core** |  |  |

**Twinges in the Hinges**

A 45-minute class in our heated pool to improve joint movement for all levels.  The program provides an opportunity for persons with arthritis, joint problems, aching backs, fibromyalgia, etc. to do gentle activities in warm water.   Our instructor will lead you through a series of specially designed exercises which, with the aid of the water's buoyancy and its resistance, will help improve joint flexibility.  The warm water and gentle movement can also help to relieve pain and stiffness. Any adult may join. You work at your own pace. (It is not necessary to know how to swim.)

**Deep Water Cardio Core:** A zero impact aerobics class, participants wear a snugly fitting floatation belt (provided) to work in 55 minute deep water in a vertical position.  The belt allows the spine to lengthen, relieving stress between the vertebrae. Workouts focus on cardio fitness and strengthening the core.  The class is suitable for beginners to seasoned athletes.  (Swimming skills not required.)

**End your day with a splash at the Holston Hills Golf Club Pool Every Monday and Wednesday 6PM Only $20/Month or $7/Class**

**\*Aqua Blast\*(July)**An energizing shallow water class that will improve cardio, strength, and flexibility. Suitable for all fitness levels and no swimming required

**\*Power Waves\*(August)** An intense aqua workout with interval training, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility

**Why exercise in the water? ![C:\Users\kreedy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Z9DOUITT\Emoji_u1f3ca.svg[1].png]()**

**It’s Fun!**

* **Great Music**
* **Meet new friends**

**Your joints will thank you!**

* **Buoyancy of the water reduces the gravitational force of your body weight**
* **No impact to your joints in deep water**
* **Significantly less impact in shallow water**

**It’s a Heart Healthy Workout!**

* **Typically, water exerciser results in a lower heart rate than land exercise without reducing the effectiveness**
* **The cooling effect of the water reduces the workload on the heart**
* **The hydrostatic pressure of the water around the body assists blood flow and improves the exchange of oxygen into the blood**

**Water Resistance Makes You Strong!**

* **Muscles are challenged with every movement thru the water**
* **No weight lifting required**
* **Thanks to the properties of water, you can work opposing muscle pairs, like biceps and triceps, with the same movement**

**No Shirt, No Shoes, No Problem!**

* **Wear comfortable supportive swim suit, trunks, or shorts/t-shirt**
* **Water shoes do feel good in the shallow water classes but are not necessary**
* **Towels, soap, and hair dryers provided.**