



AQUATIC FITNESS SCHEDULE...Jump in!

March 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		Cardio Splash		Cardio Splash			
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	
12:00 PM			Arthritis H2O		Arthritis H2O		
6:00 PM		Deep Water Cardio Core			Deep Water Cardio Core		

Cardio Splash

Jump in and enjoy all the benefits of this shallow water class which combines cardiovascular conditioning, strength training, and core conditioning in a fun 45 minute workout. You'll get a great workout with minimal impact on your joints. Recommended for all ages and fitness levels. (Swimming skills not required.)

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.)

Arthritis H2O

Looking for a great summer workout? This 45 minute program incorporates yoga warm up and cool down with water walking as well as strengthening exercises for the lower back, legs and abdominal core. This program will allow the individual to exercise without putting strain on joints or muscles. The gentle activities in the warm water will provide a workout to gain strength, balance, and flexibility. Water shoes are highly recommended for traction and support.

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.)



Why exercise in the water?

It's Fun!

- Great Music
- Meet new friends
- Reward yourself with a soak in the hot tub or a steam after class

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.