

# **Water Aerobic Format Description**

## **Water Walking: (Level 1)**

Smooth rhythmic movements designed to increase strength and flexibility.

## **Arthritis Phase 1: (Level 1)**

Designed to increase your range of motion and improve muscular endurance and strength. This is great for those with knee, back or other physical limitations.

## **Happy Mussels: (Level 2)**

This class is one step away from traditional group exercises. It uses challenging low impact moves to make a great cardiovascular workout.

## **H2O Cardio: (Level 2-3)**

A mix of traditional water moves with intensity intervals and the constant resistance of the water.

## **Aqua Suspension: (Level 3)**

Buoyancy Belts are used to suspend your body in the water, while you perform various exercises. Swimming knowledge required.

## **Aqua Fit: (Power H2O)**

This is a high intensity class; water experience required.

## **Aqua Sculpt: (Power H2O)**

Sculpt your body in the pool. Use the resistance of the water to shape, tone and develop muscle strength and flexibility.

## **Aqua Step: (Level varies)**

This class will be using Water Aerobics Moves on a step in the pool. The intensity and level will vary to fit the needs of the participants.

## **Master Swim: (Coached by Terry Kominsky)**

This is a coached workout for proficient adult lap swimmers. The hour includes interval and endurance training.

**Instructors and Group Exercise Water Classes are subject to change. Please contact Heather Smith, Senior Director at ext. 126 if you need information regarding Group Exercise Water Classes.**