

Water Exercise Class Descriptions

AquaFit (Judy M, Mary) Increase your endurance and flexibility while losing inches and having fun! Features water walking and low to more intense impact exercises. Class meets in shallow water and includes some work in the deep water with a flotation belt—participants should be comfortable in deep water.

Arthritis Foundation Aquatics Plus (Judy M.) This course is taught by a certified leader from the Arthritis Foundation. Gentle movements in water help reduce pain and stiffness while increasing range of motion. Class meets in shallow water and includes some work in the deep water with a flotation belt.

Basic Arthritis Foundation Aquatics (Judy M.) This course is taught by a certified leader from the Arthritis Foundation. Gentle movements in water help reduce pain and stiffness while increasing range of motion. Great for people with severe arthritis, following surgery, or people who have not taken the Arthritis Plus Class.

Run River Run! (Mary) That lazy river isn't so lazy in this class. Work against the current to build your endurance and increase strength. All levels welcome in this class.

Deep Water Aerobics (Judy V.) Deep water exercise using toning equipment for a total body conditioning and non-impact aerobic workout. Water belts provided.

Shallow Water Aerobics (Mary) Water exercise to help increase cardiovascular fitness and improve movement, flexibility, and core strength. Class is held in shallow (3 1/2-5 feet) water.

Silver Splash (Mary) You don't need to know how to swim for this class. Use a kickboard for stability and balance in the water. Classes are free to anyone who is a Silver Sneakers member. Others may pay a \$3 pop-in fee to take the class. Stop and pay at the front desk.

Lazy River Churn & Burn (Suzy) Water is the great equalizer. Get out of the gym, off the treadmill and get the benefits of a non-weight bearing exercise. Burn calories and increase your core strength. What does Suzy say: "Suck it in!"

Water Yoga (Beth) Gravity got you down? This class incorporates basic yoga poses in the warm therapy pool, less strain on the joints, while still benefitting from the synch of breath and movement which is key in a yoga practice. You must be comfortable in the water. No flexibility in body required - just an open mind!