

# Aquatic Fitness Classes

Aquatic Fitness is an excellent way for people of all fitness levels to increase their strength, flexibility, and overall health in a refreshing, invigorating environment. The shallow water courses utilize high impact movements in chest deep water to tone and sculpt the body.

To give you choices, we offer payment by punch card which can be used at all classes at Canal Street and Pepper Geddings. Cards are \$45 for City residents or \$75 for non-City residents and hold 18 punches. Drop-in fees are \$5 for City residents, \$8 for non-City residents.

**Hydroaerobics:** The perfect blend of water and workout! This is a low impact, fast paced aerobic program designed to improve heart-lung capacity, flexibility and muscular strength. The class is held in the shallow end of the pool, so no swimming skills are needed. Class meets from 8:00 – 8:45 a.m. Monday, Wednesday and Friday and 5:00-5:45 p.m. on Tuesday and Friday. **Class will change to 5:30-6:15 on Monday, Wednesday, and Friday on August 23.**



**Off The Deep End:** This class moves the workout to deep water. This is a high intensity, non-impact aerobic exercise class. If you are looking for cross training and rehabilitative opportunity this class is an excellent choice. The water workout helps build muscular strength, flexibility and cardiovascular fitness. Class members wear buoyancy vests for added floatation. Participants should be comfortable in deep water. Class meets on Tuesday and Thursday from 8:00 – 8:45 a.m.

## New This Fall!

**Our Aqua Jog Class** will be 30 minutes of pure cardio. Come and join us as we make a splash with this new class. This is geared for those who are recovering from an injury, losing weight or toning. Whatever your goal, we'll provide the class to help you succeed. Class meets Tuesday and Thursday from 7-7:30 pm beginning August 23rd.

### Water Exercise Tips

- Water depth should be about chest high. There is more impact on your joints if you are standing in shallower water. Losing your balance and correct form will result if the water is too deep.
- Exercising against the water can stress joints. Maintain proper form and don't over-exert your joints.
- Wear water shoes to improve your footing and protect your feet.
- Touching your heel to the floor each time your foot lands promotes correct form.
- Stretch your muscles with a warm up before active exercise and a cool down afterward. Each stretching session should last 8-10 minutes.
- Don't attempt too much too soon. If the movement hurts, don't do it. Water exercise should be painless.
- Depending on your condition, you can exercise as slow or as fast as you desire.
- Use barbells, noodles or gloves for additional resistance and increased intensity during your workout.
- Workout with a friend for safety and encouragement.
- Keep yourself hydrated before, during and after your workout by drinking plenty of water.

Taken from: <http://www.waterwellnessworkouts.com/tips.asp>