

# Aquafitness – Class Descriptions

## Aquatics

### Recreational Pool Classes

<p><b>Active</b></p> <ul style="list-style-type: none"><li>• Bring a bottle of water to all classes</li><li>• Shallow and deep water components (deep water optional)</li></ul>	<ul style="list-style-type: none"><li>• Using varying tempos, hand positions, and range of motions to modify the movement intensity, the participant gains an understanding of how to manipulate the body to modify movements. Participants will perform horizontal, vertical and 45° angle movements.</li><li>• This class is good for persons who want to develop core, and muscle control. Good for persons looking for a higher content of cardio.</li></ul>
<p><b>Gentle</b></p> <ul style="list-style-type: none"><li>• Bring a bottle of water to all classes</li><li>• Shallow water components</li></ul>	<ul style="list-style-type: none"><li>• Concentration is on core, muscle control, and range of motion. There is a gentle component of cardio.</li><li>• Gentle aqua movements through a variety of positions.</li><li>• Class is good for all persons who prefer gentle exercise.</li></ul>
<p><b>Cardio Fit</b></p> <ul style="list-style-type: none"><li>• Bring a bottle of water to all classes</li><li>• Shallow or deep water options</li><li>• Active Class</li></ul>	<ul style="list-style-type: none"><li>• Welcome to the water gym. Burn calories, tone muscles with the emphasis on core and stretch in a warm water pool. Challenge yourself using the buoyancy, turbulence &amp; resistance of the water through different movements. This is a highly addictive and active class.</li></ul>

<p><b>Deep Water</b></p> <ul style="list-style-type: none"><li>• Bring a bottle of water to all classes</li><li>• You should be comfortable in the deep water without any flotation device.</li><li>• The flotation belts are not a lifesaving device</li><li>• Note: Flotation belts are worn for all exercises</li></ul>	<ul style="list-style-type: none"><li>• The class is taught from a post-rehab perspective. There is a strong focus on core stability, correct form, co-ordination, muscle lengthening and control, taking into consideration mobility and ability.</li><li>• Exercises will build from gentle to more intense utilizing full range of motion. Water resistance will be used to challenge and tone muscle groups, improve joint flexibility and build endurance while eliminating impact and strain on muscles, tendons and joints. Various tempos, range of motion, hand/leg positions will be used to modify movement intensity. Exercises will be performed vertical, horizontal and on the diagonal.</li><li>• The class is appropriate for persons who need to exercise in warm water (ex: arthritis, knee or hip replacement, back conditions, shoulder injuries, stroke and heart recovery, muscle injuries and other mobility limitations but not suitable for persons with respiratory conditions). For safety reasons, all exercises are conducted at an appropriate level for the pool temperature.</li></ul>
<p><b>Aqua Combo Fit</b></p> <ul style="list-style-type: none"><li>• Bring a bottle of water to all classes</li><li>• Shallow water components</li></ul>	<ul style="list-style-type: none"><li>• Ramp up or ramp down. We will take you through a variety of positions, tempos, strength and movement patterns using the protection and multi-dimensional resistance of water</li><li>• See positive results in how you feel with this fun, energizing Class</li></ul>

<p><b>Aqua Gym for All</b></p> <ul style="list-style-type: none"> <li>• Bring a bottle of water to all classes</li> <li>• Shallow water components</li> </ul>	<ul style="list-style-type: none"> <li>• Experience a fun workout in warm water to improve cardiovascular capacity, muscular strength, balance and flexibility. Ramp up or slow down to suit your needs.</li> <li>• First warm up your muscles safely for the energetic cardio, muscular strength and endurance components that follow</li> <li>• Core muscles are the strength foundation for your body, helping you to stand strong.</li> </ul>
<p><b>Bone and Joint Fix</b></p> <ul style="list-style-type: none"> <li>• Bring a bottle of water to all classes</li> <li>• Shallow water only</li> </ul>	<ul style="list-style-type: none"> <li>• Your bones and joints might be achy, but without exercise you are at a higher risk for osteoporosis &amp; falls.</li> <li>• Let's get moving in a warm water movement class to help fix those bones and joints. Moving through a shallow water pool will improve your balance; strengthen your muscles &amp; bones.</li> <li>• Healthy bones need strong muscles pulling on them.</li> </ul>
<p><b>Aqua Fibro</b></p> <ul style="list-style-type: none"> <li>• <i>Bring a bottle of water to all classes.</i></li> <li>• <i>All exercises are done with one or two feet touching the bottom</i></li> <li>• <i>There is no deep-water component</i></li> </ul>	<ul style="list-style-type: none"> <li>• This class is a 'lighter' aqua class (no impact) that is geared toward someone who needs to continue to move and be active, but is limited in their motions. Gentle exercise designed for persons with physical limitations such as back problems, arthritis or Fibromyalgia.</li> <li>• Participants are led through a series of movements from head to toe. The class exercise may help your pain while improving posture, range of motion, strength and flexibility for those with Fibromyalgia, those recovering from surgery or Chronic pain associated with Arthritis or injury recovery.</li> </ul>

**Aqua Core Strength**

- Bring a bottle of water to all classes
- Shallow and deep water components (deep water optional)

- Using varying tempos, hand positions, and range of motions to modify the movement intensity, the participant gains an understanding of how to manipulate the body to modify movements. Participants will perform horizontal, vertical and 45° angle movements.
- This class is good for persons who want to develop core, and muscle control.

**Boot Camp For Warm Water**

- Bring a bottle of water to all classes.
- All exercises are done with one or two feet touching the bottom

- Join us for a class you can ramp up or slow down to suit your own needs.
- Starting with a long warm up followed by moderate cardio and moderate muscle endurance and ending with a good stretching session.
- This program will address issues of balance, coordination and flexibility. A great way to start the week and end your day!