

## WATER EXERCISE CLASSES

Everyone is invited to participate. Read the descriptions to find what is best for you.

### Aquarobics

Energize yourself with this invigorating workout! This fat-burning fitness workout incorporates muscular, cardiovascular and aerobic conditioning. Exercise includes some rhythmic activities, muscle strengthening and toning while having fun!

### Arthritis Aquatic Class

The Arthritis Foundation Aquatic Program, A.F.A.P., is a recreational series of gentle activities in the pool and is open to anyone with arthritis or whom this time and presentation is best. The program is designed to help relieve the pain and stiffness caused by arthritis while providing a fun, social opportunity. It is not necessary to know how to swim. Trained personnel conduct sessions.

### Deep Water Fitness

This class occurs in 6 ft of water and you do not need to be able to swim to participate. Foam buoyancy/support belts around the waist/hips and buoyant hand-held “dumbbells”, even noodles are used to keep you upright and your head out of the water. Zero joint impact with muscle toning and flexibility throughout the entire body is the goal.

WATER EXERCISE CLASSES			
Join in Any or All	Mon & Wed	Tues & Thurs	Fri
Aquarobics	8 – 9am 6 – 7pm	6 – 7pm	8 – 9am
Arthritis Aquatics	–	9:30 – 10:15am	–
Deep Water Fitness	8 – 9am	–	8 – 9am
Water Wellness	9:15 – 10:15am	–	9:15 – 10:15am
Three-way • Mini-weight • Water Wellness • Deep Water	– – –	7:30 – 8:00am 8:00 – 8:45am 8:50 – 9:20am	– – –

*“The exercise is both invigorating and relaxing; it promotes muscle tone and flexibility.”*

*– Judy Bravo, participant*

