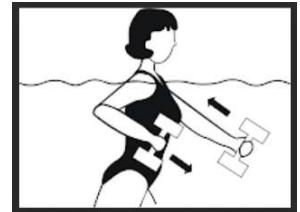




# AQUATIC FITNESS SCHEDULE...Jump in!

## Spring 2024



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 AM		EZ Aqua		EZ Aqua		EZ Aqua	
6:00 PM		Deeply Fit			Deeply Fit		

**EZ Aqua:** A 45-minute class in our heated therapy pool. The program provides an opportunity for persons with arthritis, joint problems, aching backs, fibromyalgia, etc. to do gentle activities in warm water. Our instructor will lead you through a series of specially designed exercises which, with the aid of the water's buoyancy and its resistance, will help improve joint flexibility. Any adult may join. You work at your own pace. (It is not necessary to know how to swim.)

**Deeply Fit:** A 55-minute zero impact aerobics class in deep water using floatation belt (provided). The belt allows the spine to lengthen, relieving stress between the vertebrae. Workouts focus on cardio fitness and core strengthening. The class is suitable for all levels with modifications provided by your instructors. (No swimming required.)



# Why Exercise in the Water?

**It's Fun!**

- Great Music
- Meet new friends

**Your joints will thank you!**

- Buoyancy of the water reduces the gravitational force of your body weight
- No impact to your joints in deep water
- Significantly less impact in shallow water

**It's a Heart Healthy Workout!**

- Typically, water exerciser results in a lower heart rate than land exercise without reducing the effectiveness
- The cooling effect of the water reduces the workload on the heart
- The hydrostatic pressure of the water around the body assists blood flow and improves the exchange of oxygen into the blood

**Water Resistance Makes You Strong!**

- Muscles are challenged with every movement thru the water
- No weight lifting required
- Thanks to the properties of water, you can work opposing muscle pairs, like biceps and triceps, with the same movement

**No Shirt, No Shoes, No Problem!**

- Wear comfortable supportive swim suit, trunks, or shorts/t-shirt
- Water shoes do feel good in the shallow water classes but are not necessary
- Towels, soap, and hair dryers provided.