

# WATER AEROBICS CLASSES

offered at the

## Dillon Family Aquatics Center



### AQUA FIT – Monday/Wednesday/Friday, 8-8:50 a.m.

High intensity, low impact aerobics class where no swimming skills are necessary. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

### AQUA STRENGTH and BALANCE – Monday/Wednesday/Friday, 9-9:50 a.m.

A beginner to intermediate level water class catering to participants age 50+. This class utilizes different exercises and routines coupled with mild aerobics, all at the pace and comfort level of each individual. Water aerobics improves flexibility, strengthens muscles, improves balance and coordination. This is for participants with mild arthritis or returning from minor injuries. This is a great place to start with aquatic fitness if over the age of 50!

### AQUA HIIT (high intensity interval training) – Tuesday, 8-8:50 a.m.

High energy water workout targeting all the major muscles using the waters' resistance to challenge all levels. High intensity interval training (HIIT) alternates short periods of intense exercise with less intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone. Exercises are performed with lively, motivating music. Whether a beginner or avid fitness enthusiast, this aquatic adventure is for you.

### AQUA MIX – Thursday, 8-8:50 a.m.

High intensity water class emphasizing cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Exercises performed in shallow water with dumbbells and also moving on noodles in the deeper water in the shallow end. Interval style training with lively motivating music. Modifications available for beginner to advanced levels of fitness.



### AQUA P.M. FITNESS – Tuesday/Thursday 6:45-7:30 p.m.

A variety of low impact and high intensity interval training including HIIT (high intensity interval training) for a full body workout. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.