



# **exercise is evolving... come along for the ride!**

**underwater treadmills • underwater bikes  
stretch cord stations**

increased aerobic capacity • enhanced cardiovascular efficiency • improved flexibility • multi-dimensional resistance • reduced joint compression • increased muscle contraction • improved muscle balance • hydrostatic pressure massage • high intensity—no overheating • maintain conditioning while recovering from injury

## **COURSE DESCRIPTIONS**

### **Traditional Water Fitness (you, the water, & occasional water weights/buoyancy aids)**

**Aqua Aerobics.** Moderate- to high-intensity cardiovascular workout to help you burn fat, tone muscle & strengthen your heart. Shallow water, variety of equipment.

**Aqua Interval.** Rigorous shallow-water workout provides cardio & strength training all in one. Alternating aerobic & strength segments.

**Wave Runner.** A challenging cross-training class that uses both shallow and deep water. A total-body cardio workout plus strengthening & toning exercises.

**Deep H2O.** An intense, deep-water exercise program. Much of the class consists of water jogging as well as stationary leg, arm, & abdominal training exercises, designed to promote cardiovascular, respiratory, and muscular conditioning.

**Arthritis Aquatic Exercise.** Great for treating any form of arthritis or for those completing physical therapy. The exercises in this class help increase range of motion and minimize pain and stiffness.

### **Aqua-Spinning (utilizing our revolutionary underwater stationary bikes)**

**Power Lunch.** A high-intensity workout filled with hearty helpings of cardio, strength, and toning.

**Who Needs Java?** This class will give you enough energy to get through the day, sans espresso!

**Not So Desperate Housewives.** A combination of cardio, strength and toning for the woman (or man) who knows fitness is the key to happiness.

**Unwind With a Spin.** Leave the day's stress behind and unwind with a good, solid cardio workout.

**Weekend Warrior.** The only thing on your agenda will be a great cardio & strength workout.

**Take It To YOUR Limit.** A strength and endurance class: you do the work; you get the results!

**Breakfast of Champions.** This class is better than wheaties! Loaded with cardio & strength.

### **Specialized Training (high-intensity workout programs geared to a specific purpose)**

**Triathlon Training.** Build (or maintain) endurance in all disciplines: swimming, aqua-spinning, and deep-water running, as well as training strategies.

**Swimmer's Strength Clinic.** Dry-land strength exercises targeting the muscles most important to swimming—improve your power and endurance.

**Endurance Boost.** These coached workouts focus primarily on building strength and endurance, with some work on stroke technique.

**Aqua Boot Camp.** High-intensity water- and land-based workouts to get you into shape FAST!

**Fit For Life.** Make lasting changes in your lifestyle that will give you more energy, more confidence, and longer life! Includes water- and land-based workouts.

**Adult Mini-Camp.** Improve your swimming technique and get more from your workouts. Heavy emphasis on stroke technique, drills, individual coaching, and interval training techniques.