



ADULT WATER AEROBICS CLASSES

AQUAROBICS 1 ENTRY LEVEL Low Impact 45-minutes of water exercise class. Using weights, noodles, boards, and other fun things, you will achieve a low-moderate level of aerobic heart healthy exercise. This class requires low-moderate range of motion with low-moderate impact.

Monday or Friday @ 8:00-8:45am

WATER WALKING - LOW IMPACT

Need motivation to walk more? Too cold /hot or painful to walk outside? Sign-up for our water walking time, its 45 minutes. Moving forward, backwards, and side-to-side, add resistance using noodles, paddles, and other equipment for great workout.

Monday and/or Friday @ 8:45-9:30am

JOINT EFFORT - NO /LOW IMPACT. Morning and Evening classes 45-minute class with no/ low impact. Water is a safe environment for relieving joint pain and stiffness. Plus it is fun! This class will increase range of motion and stamina using slow, regular motion, no impact and the resistance of the water. For those who have had joint replacement, fibromyalgia, or reconstructive joint surgery, or recovering from surgery of any kind, we are here to help.

Monday or Friday @ 9:30-10:15am

Tuesday or Friday @ 5:00-5:45pm

AQUAROBICS 2 ADVANCE LEVEL - Moderate to high impact 45-minutes of our most advance/strenuous water exercise class. Using weights, noodles, boards, and other fun things, you will achieve a high level of aerobic heart healthy exercise. This class requires more range of motion with a higher level of impact.

Monday or Friday @ 10:30-11:15am

Tuesdays @ 6:00-6:45pm

Questions on any aquatic class or pool schedule contact:

Aquatic Manager, Samantha VanHouten

319 653-2141 swimteam@washingtoney.org

