

## Aquacize Class Descriptions

**Stronger Every Day:** Using a variety of equipment (noodles, barbells, etc.), this class focuses on balance, coordination, range of motion, and muscle strengthening exercises.

**Making Waves:** Have fun while you work on cardiovascular training, raising your heart rate and increasing your endurance.

**Better Balance:** This class incorporates walking patterns and a variety of exercises to strengthen core muscles and improve balance.

**Arthritis Aquacize:** A low impact water workout for people with arthritis and arthritis-related health issues. In this class you will concentrate on joints and exercises designed to increase your range of motion. This program is based on the aquatic exercise program recommended by the Arthritis Foundation.

**Silver Sneakers Aquacize:** Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. This class is available for SilverSneakers members, but is open to all of our other members as well.

**Water Tai Chi/Pilates:** Enjoy a relaxing change of pace with this class, which uses gentle flowing movement and stretching exercises to increase strength and flexibility.

**Aqua Yoga:** Experience the benefits of Yoga in the water! Work on strength, balance and energy revitalization along with reinforcing muscle activation and correct postural alignment.

**Water Volleyball:** Come and enjoy some friendly competition and get a great workout at the same time! A softer ball is used, and a sense of humor is more important than athletic ability!