





# Hollander Aquatics Center Water Aerobics Schedule Class Descriptions



**Arthritis Water Exercise\*** – designed to reduce joint stress and inflammation. Is sure to enhance your flexibility, circulation, and relaxation.

**Aquafit Energizer** – A gentle class that energizes with fun upbeat music and movements.

**Cardio Splash** – designed for the fit individual. Water workout includes range of motion movement and a variety of weight bearing exercises performed with water buoys and noodles.

**Deep Water Workout** – An advanced class at the deeper end of main pool. Feet are off the pool bottom and the body is suspended with the aid of a flotation noodle.

**Interval Workout** – a high-energy, intermediate workout that alternates between muscle strengthening and cardio vascular exercises.

**Lite Aquafit** – a gentle class appropriate for an older population just beginning an exercise program

**Yoqua** – combines the soothing environment of the warm pool with the breathing, stretching, and meditative benefits of yoga.