

## **MOLALLA AQUATIC CENTER**

### **WATER FITNESS AND FITNESS CLASS DESCRIPTIONS**

#### **Arthritis**

A water-based exercise program that is tailor made for individuals with arthritis. Class includes gentle exercises and movement specifically designed to help promote a healthier lifestyle. The program is proven to decrease pain and depression while improving functional ability, range of motion and strength.

**Instructor:** *Cindy Morrison*

#### **Water Fitness**

The original water workout class at your fingertips. Typically taught in shallow water, this class will feature aerobic sets, high intensity, core work and balance. In this class, **cardiovascular** and strength training are blended, and finishing with stretching. Participants can work at their own pace in a fun class environment. No previous swimming skill is required.

**Instructors:** *Various Instructors*

#### **Aqua Zumba**

Beginners to advanced levels welcome. No swimming skills required. This high energy, low impact and tons of fun class will get you going! Zumba comes to the water, and we want you to try it.

**Instructor:** *Rebecca Phillips*

#### **Hydrocise Plus**

A moderate to high intensity workout in both shallow and deep water. Designed for participants of all abilities and ages. No previous swimming skill is required. Classes will use noodles and hand buoys, as well as the resistance of the water. Work at your own pace or push it- this class has everything you need to work hard and have a good time.

**Instructor:** *Jolene Cummings*

#### **Water Walking**

A low impact, slow moving class designed to increase stability and balance. Move at your own pace doing a variety of exercise intended to keep the resistance high and the impact low.

**Instructor:** *Jolene Cummings*

**ShallowFit**

A water workout class, done solely in the shallow end of the pool. This class has a focus on cardio fitness with special attention to strength and flexibility. The class is designed to increase the heart rate and condition of the whole body. Class includes a warm-up, cardio and strength training exercise, and a cool down with stretching. Participants will have fun and work at their own pace. No previous experience or swimming skills needed.

**Instructor:** *Shauna Hormann*

**Saturday Hydrocise with Becki or Jolene**

A moderate to high intensity workout in both shallow and deep water. Designed for participants of all abilities and ages. No previous swimming skill is required. Classes will use noodles and hand buoys, as well as the resistance of the water. Work at your own pace or push it- this class has everything you need to work hard and have a good time.

**Instructor:** *Becki Sparre or Jolene Cummings*

**Deep Water**

A water fitness class that takes place at the deep end of the pool, floatation belts are provided. In this high intensity low-impact workout you get the benefits of a water aerobics class without having to touch the ground.

**Instructor:** Annette