

## **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*

#### **Aquacise/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 together, and finishing with stretching. Participants can work at their own pace in a fun class environment. No previous swimming skill is required.

**Instructors:** *Jarett Gago, Melissa Georgesen, and Shauna Hormann*

#### **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*

#### **Deep Water Fitness**

Zero impact class taught exclusively in the deep water. Exercise belts are required and supplied. This flotation belt keeps participants neutrally buoyant and helps maintains good posture. Participants should be comfortable being in the deep water for the duration of the class. This is a total body workout designed to keep impact from your joints and increase strength in your core. Deep water class is a high intensity cardio workout designed to improve cardiovascular endurance.

**Instructor:** *Cindy Morrison*

### **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 Pilates**

An aquatic based body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals and arms. It puts emphasis on spinal and pelvic alignment, breathing and developing a strong core. It improves coordination and balance.

**Instructor:** *Melissa Georgesen, Shauna Hormann*

### **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*

### **Zumba Gold**

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination which can be performed sitting or standing. This class is taken in our classroom and is not in the water.

**Instructor:** *Rebecca Phillips*