

MOLALLA AQUATIC CENTER
WATER 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

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