

MOLALLA AQUATIC CENTER

WATER FITNESS CLASS DESCRIPTIONS

Deep Water Fitness

Zero impact class taught exclusively in the deep water. Exercise belts are strongly encouraged. 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.

Instructor: *Kylie Oster*

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*

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. 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*

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*

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 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*

HIIT & Abs

HIIT- stands for High-Intensity Interval Training. This is a shallow water full-body workout focused on cardio. Its high intensity for short periods of time for maximum cardio effect. Jumps, running and other high intensity moves will be used throughout class. This workout is low impact on joints. The last 10-15 minutes of class will focus on abdominal work to increase core strength.

Instructor: *Jarett Gago*

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*