

# Class Descriptions



## Warm Water Aquatic Classes:

**Aqua Aerobics:** Get motivated for the day with this cardio plus resistance workout.

**Joyful Joints:** Designed for people with arthritis. Increase range of motion & strengthen muscles and joints. Warm water class is set to music for an upbeat feeling for those who like to move & groove.

**Water Volleyball:** Pool Fun. This is a great way to be active and social in the same hour (and half!)

**Hydro-Power:** A group workout on the Hydorrider, a unique aquatic indoor stationary bike. These fun filled classes are lead by an instructor guiding participants through a series of phases, from warm-up to more challenging phases, to a period of peak effort followed by a cool down. This class uses the property of buoyancy, providing stress free training for the joints and low back. **\*\*Swimming shoes required\*\***

**Aqua Combo:** Warm water class designed for individuals with a variety of musculoskeletal limitations. Resistance training, water walking and stretching.

**Tranquil Motion:** Ai Chi is a water-based total body strengthening and relaxation progression. This fitness choice uses a combination of deep breathing and slow, broad movements for all fitness levels.

**Aqua Pilates:** The combination of Pilates and aquatic exercise results in a unique blend of physiotherapy and mainstream exercise. Aqua Pilates develops body awareness and core stability and provides a safe, balanced, effective and powerful program that will result in a toned, lean and supple body.

## Land Classes:

**Energizer:** Light Cardio, strengthening, & flexibility chair exercises for beginners.

**Circuit Training:** Class focusing on strength training, a great overall full body workout.

**Mindful Movements:** The gentle movement techniques introduced in this program are designed to help individuals move and speak with control. There is a focus on articulation for improved communication and a variety of movement strategies to aid in giving confidence to individuals with Parkinson's disease.

**Calming Energy:** How much do you value proper body alignment for better balance, flexibility and strength? Join us for a 12 week program to learn proper breathing techniques along with T'ai Chi / Qi Gong techniques for better balance.

**\*\*Classes and instructors may change or cancel at any time\*\***

**Thank you - The Hemsworth Wellness Center Staff**