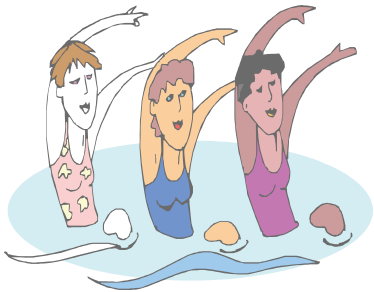


Aquacize/ Deep H2O



Aquacize is a water exercise program performed in shallow water (3 1/2– 5 ft. deep). It provides many benefits to the body including:

- Low impact movement
- Improves muscle health by providing resistance with all movement
- Improves strength
- Increases cardiovascular activity
- Increase respiratory performance
- Easily tolerated by most

Each exercise is demonstrated and timed by the instructor. Minimal resistance is provided by "noodles" for some muscle groups. The session is for one hour and is a full body exercise routine. Participants are encouraged to exercise at a pace that they are able to tolerate and attempt to increase their efforts over time.



Deep water aerobics is a water exercise program performed in deep water. Each participant is required to wear a floatation belt. The water resistance provides many benefits such as:

- * Improves muscle health by providing resistance with all movement
- * Improves strength
- * Increases cardiovascular activity
- * Increases respiratory performance
- * Easily tolerated by most
- * Zero joint impact with maximum resistance

Each exercise is demonstrated and timed by the instructor. Minimal to moderate resistance is provided by foam dumbbells for some muscle groups. This program offers a higher level workout and has a strong focus on increasing core muscle strength. Participants are encouraged to exercise at a pace they are able to tolerate and increase their efforts over time.

