

Class Descriptions



Shallow H2O Exercise: Low impact workout **in shallow water** that puts no strain on your joints. This class uses water's natural resistance to sculpt your muscles and improve your cardiovascular fitness. All swim levels are welcome.

Deep H2O Exercise: Total body workout **in deep water**, ideal for cross training and toning. Floatation belts are provided and worn throughout class.

Arthritis H2O Exercise: Shallow water exercise at a low to moderate intensity specifically for active older adults. Water therapy for arthritis and lower back pain.

Evening Water Aerobics: During this high-energy class you will enjoy fun aerobic movements in the water. This class is to raise your heart rate while being comfortable in the water.

Lunchtime Variety Water Exercise: This water exercise class is full of diversity!!! You will enjoy a mixture of all the water classes combined low-high intensity exercise in the soothing water.

Water Walking: During this leisurely class you will enjoy walking at your own pace to increase your heart rate and cardio capability.

Aqua Physical Therapy: Professional therapists from Hand and Rehabilitation specialists accompany you during this healing session where they concentrate on rehabilitation and therapy for the entire body. Consult a representative from Hand and Rehabilitation Specialists of North Carolina for more info at 336-375-4263 or e-mail at www.handandrehab.com