

## **WATER CLASS DESCRIPTIONS**

\*When engaging in any form of exercise, including fitness classes, please take the class at your own pace and work at an exertion level that is comfortable for you. It is also recommended to speak with your doctor before beginning any exercise routine. Please shower before entering the pool.\*

**WATER POWER HOUR**—Leg workout alongside pool wall for resistance. Upper body workout with hand water weights for resistance followed by total body workout raising heart rate while riding a noodle using hand water weights. Class will stretch, strengthen and tone. 1 Noodle and Set of Water Weights **50 Min Outside**

**AQUACIZE-Indoor** class focusing on using the major muscle groups and conditioning of the heart. **50 Min**

**IN-SYNC**—Shallow water exercises in synchronization to music at 130-140 BPM. **50 Min**

**DEEP H2O**— Designed for the avid exerciser, therefore participant must be able to swim. Class includes treading, stroking, paddling, pedaling, etc. **45 Min**

**DEEP H2O POWER**—Lively water exercises using gloves (or weights), noodles, or belts; involves swimming for aerobic benefit. **45 Min**

**STRETCH-N-SCULPT**—Helps improve flexibility and increase range-of-motion while toning all muscle groups. **50 Min**

**JOINT EFFORT**-Emphasizes range-of-motion activities that include gentle strengthening and fitness exercises. Suitable for those limited by impaired joint ability. **Indoors 50 Min**

**WATER WALKING**—Walking in the pool with **hand water weights** doing various movements with the body to get a great stretch followed by a lite jog. **50 Min**

**DOUBLE NOODLE WEDNESDAYS**—Start with **2 noodles** for a great total body workout finishing with 1 noodle and a **set of hand water weights**. **50 Min Outside**

**AQUA RESISTANCE**—Total body workout using a **set of water weights** for resistance to the upper body and **1 noodle** for resistance to the lower body. This class will stretch, strengthen, and raise your heart rate. **50 Min Outside**

**AQUAPUMP**—A total body water workout using a **set of hand water weights** and concludes with aerobics. **50 Min Outside**

**PM AQUABLAST PLUS**— The class will use a **set of aqua weights** for upper and lower body strength building. Aqua games will also be included to increase range of motion and enhance balance. Class will also utilize **one noodle**. **Outside**

### **Purchasing Water Equipment**

**Noodles:** Be sure to purchase **ADULT** size noodles. Hold the noodle beside your body while standing straight up; it should touch the floor and come all the way up to your shoulder, or higher. Pinch A Penny in Sun City Center, off 674, in the plaza with Dollar Tree and Save A Lot usually carries adult size noodles year-round. If they are out of adult size noodles, speak to an associate who can order them from a sister store and have them back in stock within days. Wal-Mart may also be an option to purchase your noodle but be sure to check the size. Some classes at KPSC require one noodle and some classes require 2 noodles so check the schedule to see how many you'll need for the class you'd like to attend.

**Water Weights:** Water weights can be purchased through a local Sun City resident named Mr. Ron. These water weights were specifically designed for water classes. If you are interested in purchasing a set of water weights from Mr. Ron contact him at 508-494-7119. The weights are \$15 per set. Another option for water weights is to cut a noodle into pieces that are the size you'd like them to be. The longer the piece of noodle the greater the resistance and the shorter the noodle the less resistance it will provide in the water.

**Water Shoes:** Local retailers like Bealls and Wal-Mart usually carry water shoes year round. Online sites like [www.kiefer.com](http://www.kiefer.com) and [www.speedousa.com](http://www.speedousa.com) also sell water shoes.