



# Water Fitness Classes

## Winter 2024

Swim Center at Westminster School, LLC  
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### **WHY EXERCISE IN THE WATER?**

Exercise in the water is simply better than exercising out of the water. The water's buoyancy allows you to do exercises that are difficult on land. Ninety percent of your body is buoyant when the water is up to your neck, so you are not hitting the floor as hard as you would on land (no pounding or jarring). The water's natural resistance does not permit sudden body movements and also allows you to vary the intensity of your workout. Open your palm against the water and feel the resistance. Now turn it to the side and feel your hand slice easily through the water. It is also difficult to overheat in the water. The water continuously removes excess heat making exercise in the water much more comfortable than on land. And don't forget the "fun factor"!

### **CLASS**

### **CLASS SCHEDULE**

Water Fitness

Tuesdays 9:15 – 10:00 AM  
Thursdays 9:15 – 10:00 AM  
Fridays 9:15 – 10:00 AM

Splash Dance

Mondays 6:30 – 7:15 PM  
Tuesdays 6:30 – 7:15 PM  
Thursdays 6:30 – 7:15 PM  
Saturdays 7:45 – 8:30 AM

### **CLASS DESCRIPTIONS**

Splash Dance – This lively water fitness class is designed to "jump start" your evening. It combines music and aquatic exercise. The class starts with a series of stretches, then leads to an aerobic workout and cool down with a succession of relaxation exercises. The music is tailored to class participants' interest.

Water Fitness – This slower paced workout is appropriate for beginners and others preferring a low- to moderate-level water workout. Includes shallow water warm-up and a steady aerobic segment that is followed up by deep-water exercise for muscle endurance and tone.

### **HOW TO PARTICIPATE**

Water fitness classes run continuously through the year. You can participate by adding the fitness option to your Swim Center Membership or if you don't have a membership, a Program Pass will allow you to register for classes. You can start at any time – your monthly fee covers all classes until the same day the following month.

	<u>Members</u>	<u>Program Pass</u>
One Class "drop-in":	\$7	\$8
1 class/week punchcard (5 classes, use within 1 month):	\$25 per month	\$29 per month
2 classes/week punchcard (9 classes, use within 1 month):	\$45 per month	\$53 per month
Unlimited classes:	\$55 per month	\$69 per month