

CLASS DESCRIPTIONS

No swimming skills required for these classes.

Hydro Fit

This intermediate-level class includes cardio, strength, and stretching using a variety of equipment to increase the heart rate and build muscle mass. A deep water portion may be included.

This class is 50-60 minutes in length.

Hydro Power

This high-intensity class includes cardio to increase the heart rate, burn calories, and increase metabolism. Equipment may be used to maximize intensity and increase strength.

This class is 50-60 minutes in length.

Aqua Boot Camp

This high-intensity class includes both shallow and deep water exercises designed to increase your ultimate fitness goals. It will consist of a varied workout of drills, circuits, and interval training. No swimming skills required. It's a perfect way to start your day! This class is 50-60 minutes in length.

Deep Water

This medium-high intensity water workout is a great way to get your heart pumping and burn calories all while suspended with a floatation device to decrease stress and impact on joints and muscles.

This class is 50-60 minutes in length.

Adaptive Movement

This specialized class is designed for the recovery and maintenance of chronic disease processes including (but not limited to) arthritis, stroke, metabolic disorders, cancer, or surgery. The class will focus on exercises to increase strength, flexibility, and mobility. Classes are approximately 45 minutes in length and may include a deep water portion with a floatation device (optional). This is a similar format as the Arthritis Foundation classes but more adaptive to assist special medical conditions.

Hydro Flex and Fit

This specialized class is designed with Yoga-inspired movements combined with cardio toning in the water which encourages spine and joint mobility, builds strength, endurance, flexibility and balance.

This class is 45 minutes in length.

**** Water Assessments ****

The Aquatics Department offers one free water assessment by an exercise specialist for any member or guest to be evaluated for safety in the water before attending the Adaptive Movement classes. Independent entry and exit of the pool, buoyancy, and recovery are tested for safety and to maximize the aquatic experience. Lifeguard is on duty during the assessment.

For more information, please contact the Aquatics department at 770-793-7462 or email the supervisor at michelle.wood@wellstar.org.