

## PROVIDENCE REC CENTER

### Water Exercise Schedule – SPRING 2025

Monday/Wednesday/Friday AM		Start: 3/31	End: 6/13	No Class Meets: 5/26	
Shallow Aerobics	7:30am-8:25am	3AD.E8WE	Tammy (M) Lisa (W) Jim (F)	X32	
Deep Water Ex	8:30am-9:25am	B8B.XSN3	Tammy (M) Lisa (W) Jim (F)	X32	
Adv. Deep Water	9:30am-10:25am	B79.T4VN	Tammy (M) Lisa (W) Jim (F)	X32	
Shallow Aerobics	10:30am-11:25am	3AD.HXZ4	Tammy (M) Lisa (W) Jim (F)	X32	
Arthritis Water Ex	11:30am-12:25am	9E8.42A1	Tammy (M) Lisa (W) Jim (F)	X32	
Tuesday/Thursday AM		Start: 4/1	End: 6/12	No Class Meets: NONE	
Shallow Aerobics	8:30am-9:25am	3AD.ZVLW	Mary	X22	
Shallow Aerobics	9:30am-10:25am	3AD.0Y16	Mary	X22	
Water Walking	10:30am-11:25am	7B5.J5LH	Debbie	X22	
Arthritis Water Ex	11:30am-12:25am	9E8.WTJZ	Debbie	X22	
Tuesday/Thursday Evening		Start: 4/1	End: 6/12	No Class Meets: NONE	
Deep Water Ex	5:50pm-6:45pm	B8B.SRNP	Jill	X22	
Deep Water Ex	6:50pm-7:45pm	B8B.B01E	Jill	X22	
Sunday		Start: 4/6	End: 6/15	No Class Meets: 4/20, 5/25	
Shallow Aerobics	9am-9:55am	3AD.L9PH	Laura	X9	



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event.  
 TTY (703) 803-3354

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## Water Aerobics Class Descriptions

### **Aqua Get Fit (13-Adult)**

This class focuses on building strength, balance, and endurance using the buoyancy and support of the water. Designed for those new to water exercise or those looking for a new fitness opportunity, this fun-filled class focuses on using aqua fitness to progress individual health goals.

### **Aerobic Water Exercise (13-Adult)**

his excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength and endurance.

### **Arthritis Water Exercise (13-Adult)**

Shallow water exercises using water's buoyancy and resistance helps improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.

### **Deep Water Exercise (13-Adult)**

Prerequisite: Students must be able to swim 25 yds. Continuously. Take the plunge for a no-impact workout. You use a variety of deep-water exercises and running techniques to get the maximum benefit from water's natural resistance.

### **Deep Water Hydro Pilates (13-Adult)**

Prerequisite: Students must be able to swim 25 yds. Continuously. Take the plunge for a workout that is no impact! Use Pilates moves in the deep water to help you increase your range of motion, challenge and strengthen core stability and control and build abdominal and back strength, flexibility and muscle tone.

### **Advanced Water Aerobics (13-Adult)**

Try this high-energy, cardio-intensive class that uses water resistance to give you maximum fitness benefit. This program is for the experienced water aerobics student who wants a more intense workout and for anyone who wants to cross-train or enhance overall fitness.

### **Arthritis Deep Water Exercise (13-Adult)**

Prerequisite: Students must be able to swim at least 25 yds. Continuously. Deep water exercise can increase muscle strength, endurance and cardiovascular fitness. Exercises also provides a challenge for alignment and posture, balance and coordinated movement. All students wear a flotation device.

### **Water Walking (13-Adult)**

This class is designed to improve muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints. Instructors guide participants in different types of walking in water to benefit all parts of the body.