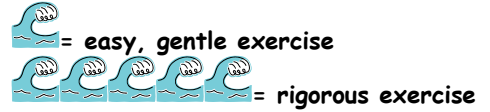


Aquatic Class Descriptions

MILLS PENINSULA HEALTH SERVICES



Mondays, Wednesdays and Fridays

1:00-1:50 p.m.

AQUA LITE: Light to moderate intensity exercise program; can be modified for those desiring a more intense workout. Emphasis on range of motion for strengthening and flexibility of muscles and joints; self-paced fitness conditioning. Reduced cardio segment is modifiable from 15 minutes up to 25 minutes. Aquatic exercise equipment is used for resistance and buoyancy.



Instructor: Ginnie K. Plato

6:00-6:50 p.m.

WET (Water Exercise Training): Moderate to high intensity water aerobics class using all the large muscle groups. Aquatic exercise equipment is used for resistance and buoyancy.



Instructor(s): Linda Lywandowsky Rachael Higgins, and Elaine Borland

Monday and Wednesday

7:30 - 8:20 a.m.

WET (Water Exercise Training): Moderate to high intensity water aerobics class using all the large muscle groups. Aquatic exercise equipment is used for resistance and buoyancy.



Instructor: Elaine Borland

Mondays Only

11:25am-12:15 p.m.

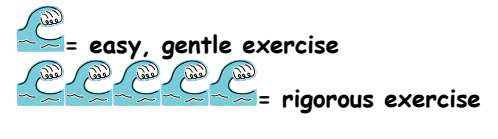
AI CHI (Aquatic Tai Chi): This is a meditative movement class employing Water Tai Chi movement in the chest deep water to promote deep relaxation and ease of movement. Benefits include improved balance, posture, breathing, immune system strength, as well as decrease in muscular tension and pain.



Instructor: Marcia Andrews

Aquatic Class Descriptions

MILLS PENINSULA HEALTH SERVICES



Tuesdays and Thursdays

9:30 – 10:20 a.m. **WATER WORKOUT:** Complete body workout employing all the major muscle groups. Aerobic, toning and stretching exercises are performed. Slightly more intense than Water Ease, doing 20 minutes moderate aerobics and more advanced abdominal exercise. Hydro-Fit buoys and noodles are used.



Instructor: Marcia Andrews

11:30-12:20 p.m. **ARTHRITIS FOUNDATION AQUATIC PROGRAM:** Low intensity, low impact program ideal for individuals with arthritis. Helps to relieve pain, decrease stiffness and increase range of motion. Class designed by the Arthritis Foundation and YMCA.



Instructor: Joan Wade

11:30-12:15 p.m. **AQUATIC HEART HEALTH:** Low intensity, low impact program ideal for individuals who may have had history of cardiac issues or those who require a general strengthening and flexibility program. Monitoring of heart rate and blood pressure provided. EP approval required.



Instructor: Cindy Tom

5:00-5:50 p.m. **WET (Water Exercise Training):** Moderate to high intensity fitness class using all the large muscle groups. Preparatory range-of-motion followed by cardio work (30-35 min.), strength training, cool down stretch. Aquatic exercise equipment used for resistance and buoyancy.



Instructor: Ginnie K. Plato

6:30-7:20 p.m. **AQUAFIT:** Higher intensity aerobics that can be modified for a more moderate workout if desired. Emphasis on strengthening and toning the entire body; well-balanced athletic workout includes 35-40 min. cardio segment; muscle-specific strength training. Aquatic exercise equipment is used for resistance and buoyancy.



Instructor: Ginnie K. Plato

7:30-8:20 p.m. **STRETCH & TONE:** A lower intensity program for those who prefer a less strenuous but balanced systemic exercise. Emphasis on range of motion maintenance and improvement through stretching, isolated muscle strengthening and reduced-impact water walking. Ideal for individuals with muscle/joint difficulties, pregnant women and new mothers, or anyone wishing to improve/maintain flexibility and reduce stress.



Instructor: Ginnie K. Plato