

Natick Water Exercise Class Descriptions

Brazilian Beat - A deep water workout. Cintia was a Physical Education major in Brazil, specializing in water exercise. New energy & some surprise exercises that you've never seen before. Done to a Brazilian beat.

Gentle Joints - A moderately paced cardiovascular and muscle-conditioning class focusing on flexibility and increased range of motion. Great for beginners, those with injuries or arthritis, and anyone looking for gentle but effective exercises. Bredt, Ginni or Jane will make your morning effective and fun!

HydroPower – A total body workout, including an intense cardiovascular segment (modified for all levels of ability), abdominals, flexibility and muscle conditioning. This is all done simultaneously for an effective & efficient class. Laila, Sue, Kathy or Bredt will lead you through a powerful workout.

All Out - Your body will be working on power while Kathy or Sue will help guide your mind to work on form. Focus for an **All Out** workout!

Deep H2O Running - A challenging workout of non-impact deep H2O running including interval training, use of tubing, hand weights and abdominal exercises. Brenda, Anne Marie & Shayna are spirited teachers with a special enthusiasm for water exercise teacher. All levels welcome.

Interval Training - A cardiovascular speed workout for all levels, using the pace clock for timed intervals. Jane will set the pace for a fast-moving class.

Aqua Ai Chi - This class is a moving meditation that adds the principles of Chinese energy medicine into a high energy water workout. Join Barbara or Laila for a new experience. You will be energized from this workout!

Technique, Cardio & Core - Laila & Kathleen will detail form & technique. It's done mainly in the deep end with a little movement into the transitional depth area-the space just between the shallow & deep end. This is a perfect place to build core strength, to work on balance & to "tip-toe" into the shallow end with very little impact. This class is perfect for beginners, veterans or anyone that feels nervous in the water. It's the usual good cardio workout with a new twist!!!