

Wayland 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 strengthening class focusing on flexibility and increased range of motion. Great for beginners or those with injuries or arthritis. This class is perfect for anyone looking for gentle but effective exercises. Lily, Brenda or Kathy will make your morning effective and fun! Gentle Joints Plus: adds a "calorie burn" cardio focus!!!

Hydropower - A total body workout, including an intense, cardiovascular segment (modified for all levels of ability), abdominals, flexibility & muscle conditioning. This is all done simultaneously for an effective & efficient class. Shayna, Stacey or Barbara 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!

Total Body Shallow - Kathy will incorporate cardio, upper, lower, and core body strength with a great stretch at the end. This class includes some deep too.

Athlete's Track Workout - A high intensity water "track workout" designed for cross-training. Join Kathy on the 1st & 3rd Tuesday of the month.

Deep H2O Running - A challenging workout of non-impact deep H2O running including; interval training, use of tubing, hand weights and abdominal exercises. Jane, Brenda, Kathy & Laila 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. Judy or Bredt 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 for a new experience. You will be energized from this workout!

Master Swim Workout - Joan is a lifelong swimmer, coach, and competitive swim meet judge. Her class is designed for anyone interested in a great cardio workout while improving freestyle, backstroke, breaststroke and even butterfly. Stroke technique and interval training included. Cap and goggles recommended.

Shallow Water Sprints - Faced-paced and fun with Cintia every Saturday.

Hydrotone - Muscle strengthening using water dynamic Hydrotone equipment that submerges in the water for high resistance. This system provides great strength and toning as part of a total-body workout.