

Aquatic Area Class Descriptions

Aqua Aerobics Classes, **

Classes are similar to using weights or machines in a gym, however, water aerobics give you a natural buoyancy to help protect and target particular areas of your body that require attention. Most classes are held in the waist to chest-deep water, so non-swimmers can also participate.

Aqua Gentle Classes, **

Excellent for people with joint issues. Especially those with arthritis or who have had hip, knee, etc replacements! The warm water soothes joint pain and improves muscle flexibility and balance. This class also provides movements for those easing into fitness.

Deep Water Running, **

Deep Water Running involves slowly running in a pool. The goal is to run in water deep enough that you cannot touch the bottom of the pool. ... As you move your arms and legs against the resistance of the water, you will get a great cardiovascular and strength training workout.

Aquanauts,

Aquanauts is for adults interested in maintaining fitness, preparing for events and developing technique in structured sessions that focus on endurance, technique and strength building run by professional coaches to ensure individual goals are catered to.

Low Impact Waves,

Low Impact Waves is a program designed to increase Range of Motion, Muscle strength, Moderate intensity endurance & Day to Day function by using a variety of Water based exercises in a Warm Water Pool. **Note;** this class is not included in any membership option and is an extra cost of \$11.00 per class.

** These classes can be booked online up to 10 days prior to the class by following the links on our website. Please call the centre to cancel if you are unable to attend a class that has been booked.

Booking Link, <https://knoxleisureworks.wixsite.com/onlinebookings>