



WATER EXERCISE FALL 2009

FALL SCHEDULE

	<u>Morning Shallow Water</u>	<u>Evening Shallow Water</u>	<u>Deep Water</u>	<u>Arthritis Classes</u>
Monday	10:00-11:00 am	6:30-7:30pm	--	12 – 12:45pm
Tuesday	10:00-11:00 am	--	6:30-7:15pm	--
Wednesday	10:00-11:00 am	6:30-7:30pm	--	12 – 12:45pm
Thursday	10:00-11:00 am	6:30-7:30pm	--	--
Friday	10:00-11:00 am	--	--	12 – 12:45pm
Saturday	--	--	9:00-9:45am	--

PRICES

<u>Aqua Aerobics</u>	<u>6-Months</u>
<i>Single</i>	\$145
<i>Double</i>	\$190
<i>Daily Fee:</i>	\$3.50
<u>Arthritis</u>	<u>6-Months</u>
<i>Single</i>	\$125
<i>Double</i>	\$165
<i>Daily Fee:</i>	\$3.25

WATER EXERCISE BENEFITS

Why water?	<ul style="list-style-type: none"> • Water exercise is a fun, safe way to achieve or maintain fitness. • Participants feel refreshed and relaxed after a water workout.
Who can benefit?	<ul style="list-style-type: none"> • Any person at any age. • Any swimmer or non-swimmer. • Fitness level from sedentary to active can benefit from water exercise.
What are the benefits?	<ul style="list-style-type: none"> • Gentle and easy on joints; reduced pressure and impact. • Healthy heart and circulation. • Overall muscle toning and strengthening. • Burn calories. • Increased energy.
Advantages of water exercise:	<ul style="list-style-type: none"> • Much greater range of motion and movement. • Water supports our bodies while exercising. • Moving against the weight of the water gives resistance. • Toning and strengthening muscles and joints. • Walking & arm movements in water.
What types of exercises are done in the water?	<ul style="list-style-type: none"> • We have a variety of class types at the UNF Aquatic Center http://www.unf.edu/recsports/aquatics/ • Both high and low intensity exercise based on Yoga, pilates, cardio-aerobics, kickboxing, abdominal & core strengthening and resistance.
What about obese population?	<ul style="list-style-type: none"> • Fewer restrictions for overweight exercisers in water, compared to land. • An overweight person may have very little ability to balance or move on land. • Water reduces the gravity effect and allows the individual to move quite freely.
What about seniors?	<ul style="list-style-type: none"> • Maintaining good muscle strength helps in daily activities related to independent living. • Reestablishing strength in muscles and joints balance issues related to fall prevention. • Water pressure reduces swelling in inflamed joints. • Increased energy and sense of well-being.