

The best way to beat the heat would be to indulge in water aerobics. Not only are they interesting, but also enables you to maintain a healthy body. Aerobic water workouts mix pleasure and exercise for the beginner to the advanced water aerobic user. The goal of water aerobics is to utilize the resistance of water for improving muscular endurance and develop cardiovascular conditioning, strength and flexibility.

Benefits of Water Aerobics

Provides Buoyancy & Support

One of the major benefits of water aerobics is that it provides buoyancy and support of the body, making it less likely for the muscle, bone and joint to get injured. Water supports up to 80% of your weight, thereby causing less strain on the joints, back and torso, when compared to exercises performed on land.

Quick Muscular Endurance

The high density of water, as compared to air, leads to increased resistance, thereby augmenting muscular endurance and tone. This means that water aerobics builds-up tone and endured muscle mass all around the body. Also, one tends to get quicker results exercising in the water than on land.

Improved Flexibility

The reduced effect of gravitational force in the water leads to improved flexibility in the body. The joints can be easily moved through a wider range of motion, which makes water aerobics all the more beneficial as we age. Since there is no joint pain caused, you can perform the exercise with out any kind of anxiety.

Improve Cardiovascular Conditioning

Water aerobics exercises prove to be extremely beneficial in terms of cardiovascular conditioning. In such an exercise, the heart rate is maintained at a lower rate, when compared to cycling or running. The heart seems to work better when you indulge in water aerobics.

Burn Calories

We all know that exercising is the best way to get rid of those bulging fats and ever-increasing waistlines. However, do you know that water aerobics are more effective, as compared to land exercises? The former leads to a loss of about 450 to 700 calories per hour.

The Lake Havasu City Aquatic Center currently offers several aquatic fitness classes annually ranging from the beginner to the advanced exerciser. Currently classes are offered Monday – Friday from 7am – 11am. Pricing is \$5 per class or \$70 for a 20 visit pass. Please contact us at (928)453-2687 or visit our website at www.lhcaz.gov for our currently monthly schedule.

Class Descriptions

Adult Fitness—Beginner to Intermediate

If you are over 18 and are interested in swimming, Adult Fitness is for you. This class offers instruction and coaching for the beginner to the most avid swimmer.

Aqua Challenge—Intermediate

This class is for individuals ready for a challenge, who like to have fun! Class includes a wide spectrum of workouts with basic cardiovascular water exercise, water step, dancing and more.

Aqua Motion—Intermediate

This class is for individuals who enjoy weight training, running and all other forms of hydro-fit workout. Exercise includes the use of aqua dumbbells and aqua jogger flotation belts.

Aqua Motion Plus—Advanced

This class is an upgrade of Aqua Motion, this high powered workout focuses on improving cardiovascular strength and range of motion.

Arthritis Exercise—Beginner

This class is co-sponsored by the Arthritis Foundation and is recommended by local physicians. The Arthritis Exercise class is a recreational exercise program designed to accommodate individuals with arthritis and other related diseases. Exercises are developed to improve the participants' overall function and performance of daily tasks, such as mobility, flexibility, balance, and coordination. Exercises and activities are performed at a low to moderate rate of intensity to reduce the incidence of injury, yet improve muscular strength and endurance.

Aqua Pilates—Advanced

This class is designed to use water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. With the use of a specially designed aquatic frame, exercisers get a mind/body workout that incorporates movements based on the Pilates method. Set in the healing environment of water, the workout facilitates increased flexibility while challenging individuals to maintain core stabilization, postural alignment, and balance.

FMS / Water Wellness Combo—Beginner

This class is designed to improve strength and cardio respiratory capacity, increase range of motion, and promote relaxation. Class is great for those who suffer from Fibromyalgia that are looking to decrease symptoms, the pain-free way, in the water.

Senior Aerobics—Intermediate

This class offers muscle strengthening and toning, as well as cardiovascular training for optimal health and weight loss.