

WATER AEROBICS

Water Aerobics with Lila Nagel

This medium to intense program is set to music that includes both warm up and cool down exercises in the soaking pool.

Time: 8:00-9:00pm

203317-01 M/W, 4/8-5/1

203317-02 M/W, 5/6-6/3 (no class 5/27)

303317-01 M/W, 6/5-7/1

303317-02 M/W, 7/8-7/31

\$30 Member / \$40 Non Member

Drop in rate: \$6 per class

Water Exercise for Those with Medical Needs

Classes geared toward all ages with medical concerns, pre and post-surgical, arthritis, general medical diagnosis. Class members can expect to do mild stretching, strengthening, and endurance, along with breathing exercises. Individual concerns will be addressed. Instructor: Judy Buckley, PRN Min 2 / Max 8

Time: 8:30-9:30am

203321-01 M/W, 4/1-4/24

203321-03 M/W, 4/29-5/22

303321-01 M/W, 6/3-6/26

303321-02 M/W, 7/8-7/31

\$30 Member / \$40 Res

Water Exercise for Back Pain

Has your doctor discussed reasons for your back pain? Spinal stenosis, sciatica, osteoarthritis, or other related back issues. Many local doctors suggest a deep water program. Must be able to tread water. Aquatic belts and float devices are used in this class.

Instructor: Judy Buckley, PRN. Min 2 / Max 5

Time: 10:00-10:30am

203321-02 M/W, 4/1-4/24

203321-04 M/W, 4/29-5/22

303321-04 M/W, 6/3-6/26

303321-05 M/W, 7/8-7/31

\$15 Member / \$25 Res

Aquatic Yoga

Water Yoga is Fun! It's great for students with balance concerns and low range of motion and has lots to offer anyone interested in deepening their practice. Yoga means to unify the body, breath and mind in a state of equilibrium. This is key to managing stress, anxiety, and inflammation. Water lessens pressure on joints, alleviating common discomforts many feel when exercising. Muscles that are more relaxed can be stretched and strengthened safely increasing range of motion and balance. Water's buoyancy retrains and strengthens the core structure and exercises the respiratory system through breath work included in every Aquatic Yoga class.

Lizabeth Wolfe, instructor

Mon & Wed, 5/1-6/5

1:30-2:30pm

\$9 pop in per class

Aquatic Punch Cards

Members ages 18 and older may purchase pre-paid aquatic exercise pass cards and attend any of the following classes listed below. Aquatic punch cards are valid for **30 days from the date of purchase.**

Fees:

- 2 classes (\$10)
- 4 classes (\$16)
- 8 classes (\$27)
- 12 classes (\$38)
- 20 classes (\$60)



Shallow Water Exercise

Classes are geared for all ages and abilities including Silver Sneakers. You will get a total body workout that's customized to help you strengthen knees, hips, and other joints with low impact exercises that will build muscle and keep you fit for day to day activities. Min 4/ Max 24

Time: M/W, 9:00-10:00am

Kathy Becks

Water Walking

Increase your strength and endurance in this superior, challenging and sweat-free power workout. Walking forward and backward, jogging, side stepping & kicking against the 5 mile per hour current of our Lazy River with exercise equipment provides a challenging total body workout. No swimming skills are necessary. Water Shoes Recommended. Min 5, Max 15

Time: M-W-F, 10:00-11:00am

John Marhefka



Deep Water Aerobics

Classes are geared for all ages and abilities- the ardent exerciser or those just beginning. You will get a total body workout that is customized to fit you. Strengthen knees, hips and other joints without impact. Build muscle without pain and increase your cardiovascular capabilities without breaking a sweat in the diving pool.

Time: T/TH, 8:30-9:30am

Time: T/TH, 10:30-11:30am

Kathy Becks

Information is subject to change. Visit us at <https://www.cityofwestlake.org/Recreation>.