

TWU Fitness & Recreation

Fall 2009 Class Descriptions

Water Classes:

- **Aqua Power:** Moderate to high intensity. Using water resistance, current, and other equipment at the shallow end of the pool, get a high energy aerobic workout through interval and circuit training. Strong, athletic moves. Burn calories without sweating!
- **Water Fitness:** Moderate to high intensity, can be modified. Similar in structure to floor aerobics, this shallow water class uses the resistance and current of the water in a choreographed routine to provide a dynamic, full body workout. Toning and stretching portions at the end. Low-impact activity.
- **Mid Water:** Moderate to high intensity, can be modified. Wear aqua jogging belts and/or Hydrofit cuffs for floatation as you use the dynamics of deep water for an excellent cardiovascular workout. Interval style, so that you can really push yourself. This high intensity, non-impact routine is the perfect cross training tool when used with other high-impact activities. You do not have to be a strong swimmer to participate.