Make a Splash this summer!

Water Aerobics

Ages 16 & up. Julie is returning for her tenth season and the workouts will continue to be top-of-the-line! Movement modifications will be offered to make classes appropriate for all skill levels. Julie has experience in a variety of aquatic exercise specialties. She is masterful in targeting individual exercise needs. No swimming skills required. You can't help being motivated by the music, professional guidance and soothing environment. Aqua shoes recommended. Drop-ins welcome for $7 each.

Session 1

Exercise in chest deep water using your body, the physical properties of water and various forms of movement from aquatic dance to yoga.

#52311	T/Th	6/18-7/11
7:30-8:30pm	Berquist	$40R/$48NR

Session 2

Step it up and maintain the intensity in this session, using a variety of aquatic equipment, including noodles, aquatic gloves, foam barbells and more. Class remains in chest deep water and appropriate for all skill levels.

#52312	T/Th	7/16-8/8
7:30-8:30pm	Berquist	$40R/$48NR

Session 3

Train for cardio and muscle strength with this traveling circuit class. Alternating stations from shallow to deep water make this an innovative and low impact class designed to engage the core. Participants will wear provided buoyancy belt. While swim skills are not needed, participants should be comfortable moving from shallow water toward the deep end of the pool. Choose your depth. Various equipment options will be offered.

#52313	T/Th	8/13-8/29
7:30-8:30pm	Berquist	$30R/$36NR

Why Exercise in the Water?

- Water cushions the impact - reducing the stress on the joints.
- Water is 12X more resistant than air allowing tripled strength gains over land aerobics.
- Heart rates are lower in the water - this allows optimal fat burning from muscles with less fatigue.
- Water supports muscles - promoting more efficient toning.

For more information, call 425-430-6700 or visit rentonwa.gov.

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City of Renton
Community Services Department