

# AQUA GROUP FITNESS CLASS DESCRIPTIONS: JUNE 2024

## Aqua Zumba:

Zumba is a high-energy, water-based exercise program that combines the lively, dance-inspired workout of Zumba with the benefits of aquatic exercise. Set in a pool, it offers a low-impact, full-body workout using water resistance to improve cardiovascular fitness, muscle strength, flexibility, and balance. The buoyant environment makes it joint-friendly and suitable for all fitness levels. Aqua Zumba's rhythmic movements, upbeat music, and social setting create an enjoyable and effective exercise experience.

## Aqua Fit:

This water-based exercise class utilizes the natural resistance and buoyancy of water to provide a low-impact, full-body workout. Suitable for all fitness levels, Aqua Fit combines aerobic exercises, strength training, and flexibility movements to improve cardiovascular health, muscle tone, and joint mobility. The supportive water environment makes it ideal for individuals with joint concerns or those recovering from injuries, offering an effective and enjoyable way to stay fit and healthy.

## Aqua Yoga:

Aqua Yoga is a water-based yoga class that combines traditional yoga poses with the buoyancy and resistance of water. This gentle, low-impact workout improves flexibility, balance, and strength while reducing stress on the joints. Suitable for all fitness levels, Aqua Yoga enhances relaxation, promotes mindfulness, and provides a soothing environment for both body and mind.



For all questions, please contact:

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