

WATER EXERCISE

at the Covington Aquatic Center

The American College of Sports Medicine suggests rhythmic, continuous exercise 3-5 days a week for 20-60 minutes – depending on the exercise. Water Exercise classes are great aerobic and cardiovascular workouts that will help you increase your cardiovascular endurance, improve your heart rate, and help lower cholesterol and blood pressure. All of our Water Exercise classes are 1-hour long, and are separated into four different classes as listed below.

WaterX Shallow

Classes located in the shallow end which utilizes aerobic and cardiovascular components. Being low-impact classes, they emphasize stretching, developing muscular strength, and developing range of motion.

WaterX Deep

Classes located in the deep end which give one of the greatest aerobic and toning workouts available with no impact to the body's joints! These aerobic and cardiovascular classes provide muscular conditioning with particularly excellent core strengthening.

WaterX Stretch

Classes located in the shallow end, they focus on strengthening joints, core, and stretching all the minor and major muscle groups of our body. It does this by incorporating proper breathing, balance, and warm-up of the muscles.

WaterX Bootcamp

This class is for individuals who would like a low impact, but intense cardio, and muscle building workout, incorporating a mixed version of Shallow and Deep WaterX classes.



Cost*

Youth/Adult- \$8.25
\$6.75**
Senior/Disabled- \$6.50
\$5.25**

If you are planning on making WaterX a part of your daily workout, check out our special membership pricing!

Times

We offer many opportunities to participate in any WaterX classes! Pick up a schedule at the front desk or check it out online!

What to bring

All Hydro-Fit™ equipment is provided by the Aquatic Center.

Participants are expected to bring:

- a swimsuit
- a water bottle
- a towel

*Note: All fees are as of August 31, 2015, and are subject to change per CMC 8.40.040

**Note: This fee is the Covington Discounted Fee (CDF) and limited to residents of the City of Covington.