

Excellent for the following:

- Arthritis
- Cross training
- During pregnancy
- Increasing circulation
- Rehabbing injuries
- Weight loss

Water Exercise Classes

At Covington Aquatic Center



Benefits of Water Exercise Classes

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. You'll find that after you incorporate regular in-water workouts into your weekly schedule that your fitness level will increase, your level of stress will decrease, you will have more energy throughout your day, you will have better quality of sleep, your ability to focus and concentrate will improve, and you will have an easier time maintaining a healthy weight.



Shallow Water Exercise Classes

Shallow Water Exercise Classes are held in pool depths ranging from 3.5ft to 4.5ft, which is about belly button depth to armpit depth for most people. In addition to aerobic and cardiovascular components, these low-impact classes emphasize stretching, developing muscular strength, and developing range of motion. No swimming experience is required.

Deep Water Exercise Classes

As the name suggests, Deep Water Exercise Classes are held in the deep end of the pool at depths greater than the height of participants. These classes give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. In addition to aerobic and cardiovascular components, workouts provide muscular conditioning with particularly excellent core strengthening. Floatation equipment is used throughout the class so minimal swimming is required, but participants should be comfortable in deep water.

Equipment

Classes utilize Hydro-Fit™ equipment. Hydro-Fit™ equipment is the gold-standard of water exercise equipment. It is considered the best performing aquatic equipment and the preferred choice among fitness enthusiasts. All equipment is provided by the Aquatic Center, but is also available for purchase for those that want their own personal equipment.

Times, & Cost

For current water exercise class times, and cost information, please contact Covington Aquatic Center.

Questions?

If you have any questions or want more information, do not hesitate to call or visit us at the Covington Aquatic Center.



Covington Aquatic Center

Visit us online at www.covingtonwa.gov/cac

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