

## Benefits of Water Exercise

**Increase** strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, coordination and self-esteem.

**Decrease** stress, blood pressure, tension, weight gain, body fat, impact on joints and risk of injury.

**Enhance** well-being, sleeping patterns, recovery time from injuries.

*The water offers continual resistance to every move you make and provides an additional 12 - 14% more resistance than when you exercise on land.*

## Water Exercise Class Pass

Water exercise passes can be purchased at all aquatic facilities. No preregistration is required. One pass allows you to attend any 8 water exercise classes within 1 year.

Prices for an 8 class pass:

*Raleigh Resident*

Adult \$40    Senior \$32

*Non-Raleigh Resident*

Adult \$52    Senior \$44

*Drop in: \$8 Adult Resident    \$9 Adult Non-Res  
\$6 Senior Resident    \$7 Senior Non-Res*



City of Raleigh Parks, Recreation and  
Cultural Resources Department  
*Aquatics Program*  
2401 Wade Avenue  
Raleigh, NC 27607  
P&R 6513  
Aquatic Admin

## Water Exercise Classes July-August 2019

### Class Locations

#### Millbrook Pool

1905 Spring Forest Drive, Raleigh 27615  
919-996-4130

#### Optimist Pool

5902 Whittier Drive, Raleigh 27609  
919-996-2791

#### Pullen Aquatic Center

410 Ashe Avenue, Raleigh 27604  
919-996-6216

#### Aquatics Program

919-996-6852  
[aquatics@raleighnc.gov](mailto:aquatics@raleighnc.gov)  
[parks.raleighnc.gov/aquatics](http://parks.raleighnc.gov/aquatics)



# Class Descriptions & Intensity Levels

## Intensity Scale

Level 1-2 Low intensity      Level 3 Moderate intensity      Level 4-5 High intensity

## Shallow Water Classes

### **NEW Aqua-Blast**

This class focuses on posture and movement pattern awareness in a dynamic and energizing way and is a blast!

### **Join-t Class (Level 1-2)**

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from range of motion exercises.

### **Hydro-fusion (Level 2-4)**

This class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

**Pool-Pilates** (Level 1-2) (Warm Water Pool) This non-impact exercise routine improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

**Water Walking** (Level 1-2) Class includes range of motion, long movements and basic cardiovascular workout.

### **Water Walking Plus (Level 3)**

Class involves faster movements with exercises and combination movements than those in the water walking classes for the more advanced water walker.

## Deep Water Classes - (Exercise belts provided)

**Intervals (Level 3-4)** Combination of high and low intensity exercises. *New class on Tuesdays and Thursdays at 11:00 am at Pullen Aquatic Center*

**Power Hour (Level 4-5)** Quick, continuous and powerful movements with no impact for the advanced exerciser.

*Classes subject to change. Visit [parks.raleighnc.gov](http://parks.raleighnc.gov), keyword search Raleighhaqua for updated information.*

# Class Schedule

## **Millbrook Exchange Pool**

### Shallow Water

M/W/F	9-10am	Water Walking
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### Deep Water

T/TH	6-7pm	Power Hour
Sat	8-9am	Power Hour

## **Optimist Pool**

### Shallow Water

M/W/F	9-10am	Water Walking Plus
M/W/F	10-11am	Hydro-fusion
T/TH	9-10am	Hydro-fusion

### Deep Water

M/W/F	11:00 am-12	Intervals
T/TH	8-9:00 am	Intervals

## **Pullen Aquatic Center**

### Deep Water

M & F	8:30-9:30 am	Intervals
T/TH <i>NEW!</i>	11:00am-12:00pm	Power Hour

### Shallow Water

M & F	9:45-10:45am	Join-T
T/TH	10:00-11:00am	Pool- Pilates
T/TH <i>NEW!</i>	12:00 -1 :00 pm	Aqua Blast

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