New Water Aerobics Class

Starting March 7th

Saturday

8Am

The benefits of exercising in the water are many

Aquatic exercise not only enhances your cardiovascular fitness, but it also can improve your muscular endurance and overall strength. Because water provides buoyancy and support for the body, the likelihood of muscle, bone and joint injuries is significantly reduced when exercise is performed in the water.

Because water aerobics are often performed in chest-deep water, this type of exercise appeals to swimmers and non-swimmers alike. If you think that you are ready to take the plunge, read on to learn more about aquatic exercise and how you can use the water as a wonderful fitness tool.

What is water aerobics?

Aerobic water workouts incorporate a variety of rhythmic body movements and dance steps performed in the water. Programs vary from basic to advanced. In beginning programs, the participant learns to combine arm and leg movements in varying combinations. As water aerobics programs become more advanced, they incorporate more intricate dance and calisthenics movements. Water aerobics are usually led by a fitness instructor and may be performed with or without music.

Water aerobics are conducted both in waist- to chest-deep water and in deep water (flotation devices are used in deep water). In some classes, equipment such as kick boards, woggles and hand buoys may be used. A typical water aerobic workout will last 40 to 50 minutes, with the appropriate time devoted to warm-up, cool-down and stretching routines. Many aerobic water programs include a toning and strengthening component, as well as the aerobic portion.

The main purpose of water aerobics is to improve cardiovascular conditioning. Because of the water's resistance, water exercise also can improve your strength and flexibility, leading to better muscular endurance and balance.

Who can participate?

People of all ages and fitness levels can enjoy water workouts. When submerged in chest-deep water, about 85 percent to 90 percent of the body's weight remains supported. As a result, much less stress is placed on the body's joints during aquatic exercise than during similar exercise on land. This makes water aerobics an ideal choice not only for healthy individuals, but also for those affected by medical conditions such as arthritis, neck and back problems, strokes and obesity. People who may be too embarrassed to exercise on land can more comfortably work out in the water. As with all types of exercise, check with your doctor before you begin.

How many calories does it burn?

In general, a water workout expends more energy than a similar land-based exercise because of the resistance of the water. The average person burns 450 to 700 calories during one hour of aerobic activity.

Advantages

Water has several properties that make aquatic exercise both safer and more enjoyable than similar land based programs.

- Water provides both buoyancy and support for your body. When you are up to your neck in water, you only need to support 10 percent of your body's weight. When exercising in the water at waist level, you need only support 50 percent of your body's weight. The jarring and pounding of body joints, bones and muscles that can occur with other land exercises are greatly reduced in the water. You are less likely to experience aches and soreness following a workout in the water.

- Water provides more resistance than air because of its increased density. This increased resistance helps to promote better muscular endurance and tone. You will see quicker results when exercising in the water, compared with the same exercise routine on land.

- Water exercise can improve flexibility without causing undo pressure to joints. Because of the lessened effects of gravity in the water, the joints can more easily be moved through a wider range of motion. This helps to improve long-term flexibility and is especially beneficial as we age.

- Water exercise is cooler and more comfortable than exercise on land. During a water workout, the water continually cools the body.