

## **Got water exercise?**

Do something for yourself this summer. Begin by picturing an activity that tones your muscles, burns calories, improves your cardiovascular health, keeps you cool, and lasts an hour. Why not consider coming to a **water exercise class**?

Water exercise has many pluses that make it a popular fitness program. First of all, exercising in water is a safe and efficient way you can burn calories. Since you are partially submerged in the water, your arm and leg movements meet with resistance that you control. How hard do you want to push and pull? How much do you want to jump around? In an aquatic setting for water exercise, all movement can be considered resistance training.

Second, are you physically fit or just beginning an exercise program? Water exercise is both a good cross-training alternative and a gentle, forgiving workout. You choose how you want to move through the water (impact, non-impact, low impact, plyometric impact, or even treading water) as well as the amount of force you exert with your arm movements. Remember: there are differences when you move in a buoyancy-based environment versus land-based gravity, and in the viscosity of water from that of the air.

Finally, keep in mind that swimming is different from water exercise.

1. They deliver different benefits.
2. They apply different water principles.
3. They involve different body alignments.
4. They utilize different equipment.
5. They require different water temperatures.

Water exercise is fun! There is something about romping around outside in a pool that makes you feel vibrant and self-satisfied – and it cools you off too. If you are looking for something else in your workout routine, water exercise is an attractive format for everyone.

Classes meet at the Memorial Northwest Community Center on **Tuesdays and Fridays at 10:30 a.m.**, beginning Friday, **June 3**. Evening sessions are available by appointment only. Please call **Sandy at (281) 257-9972** to sign up or email her at: [aquamom2011@yahoo.com](mailto:aquamom2011@yahoo.com).

Please note: Classes last an hour. Fees vary depending upon how many you purchase. Your very first class is ½ off the normal hourly rate, or \$5. Subsequent classes may be purchased in packages of 5 for the reduced rate of \$45 for a package; otherwise, each class is \$10. Packages expire on Labor Day. You will need to bring a slender water noodle and plenty of drinking water to class.

Join us this summer for water exercise!