



# Water Walking & Water Fitness

**Hi-Lo H20:** A low impact but high intensity class designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance in the shallow and deep water.

**Aqua Yoga:** A unique cardio workout with a blend of Yoga and Pilates exercises in the shallow and deep water.

Westboro Tennis & Swim Club

**Water Walking:** Designed to give participants their choice of individual water fitness; such as water walking or your own fitness water workout in the shallow or deep end of the pool. This class is self directed.

**Monday** 9:00am - Hi-Lo H20 w/ Eileen

**Tuesday** 9:00am - Water Walking (Self Directed)

**Wednesday** 9:00am - Aqua Yoga w/ Eileen

**Friday** 9:00am - Water Walking (Self Directed)

**Saturday** 9:00am - Water Walking (Self Directed)

*45 Minutes for each program*