

## ***Natick Class Descriptions***

**Brazilian Beat**-A challenging shallow & deep water workout. Cintia was a Physical Education major in Brazil, specializing in water exercise. (Back "home" she had 100 participants in her classes!) New energy & some surprise exercises that you've never seen before. Done to a Brazilian beat.

**HydroPower** - Includes shallow and deep water exercises for an intense cardiovascular, abdominal, flexibility and muscle workout-done simultaneously for total body conditioning. Laila, Sue, Kathy or Anne Marie will lead you through a great workout.

**HealthMasters** A moderately paced cardiovascular and muscle conditioning class focusing on flexibility and increased range of motion. Great for beginners, those with injuries or arthritis, and anyone looking for gentle but effective exercises. Angie, Bredt, Ginni or Jane will make your morning effective and fun!

**Deep H2O Running** - A challenging workout of non-impact deep H2O running including interval training, use of tubing, hand weights and abdominal exercises. Jane D. , AnneMarie, Susan Sally, Laila & Barbara are spirited teachers with a special enthusiasm for water exercise. teacher. All levels welcome.

**All Out** - Your body will be working on power while Kathy or Sue will help guide your mind to work on form. Focus for an All Out workout.

**Interval Training** - A cardiovascular speed workout for all levels, using the pace clock for timed intervals. Jane will set the pace for a fast-moving class.

**Aqua Ai Chi**-This class is a moving meditation that adds the principles of Chinese energy medicine into a high energy water workout. Join Barbara or Laila for a new experience. You will be energized from this workout!

**\*\*\* Music Class**