

## Wayland Class Descriptions

**Athlete's Track Workout:** A high intensity water "Track Workout" designed for cross-training. Join Kathy on the 1st & 3rd Tuesday of the month.

**HydroPower :** Includes shallow and deep water exercises for an intense cardiovascular workout, muscle conditioning, abdominal strengthening and flexibility exercises, done simultaneously for a total body workout. Barbara or Stacey will lead you through a great workout!

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

**Shallow Water Sprints:** Fast-paced and fun with Cintia every Saturday.

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

**Brazilian Beat:** A challenging shallow & deep water workout. "Back home", Cintia had 100 participants in her classes! High energy & some surprises that you have never seen before. Done to a Brazilian beat.

**Masters Swim Workout:** Designed for anyone interested in a great cardio workout while improving freestyle, backstroke, breaststroke & butterfly. Stroke technique and interval training included. (Joan is a competitive triathlete & cyclist.) Cap & goggles recommended.

\*\*\* Music Class

**Hydrotone:** Body sculpting using water dynamic Hydrotone equipment. It submerges in the water, for high resistance. This system provides great strength & toning as part of a total-body workout.

**Deep H2O Running:** A challenging workout of non-impact deep H2O running, including interval training, use of tubing, hand weights and abdominal exercises. Our staff will keep your workout interesting, challenging and fun!

**Total Body Shallow:** Kathy's will include cardio, upper, lower, cored body strength & a great stretch at the end. Includes some deep H2O.

**Gentle Joints:** A moderately paced cardiovascular and muscle conditioning class focusing on flexibility and increase range of motion. Great for beginners, those with injuries or arthritis, and anyone looking for gentle but effective exercises. Brenda, Lily, Kathy or Cintia will help you to feel great all day!  
**Gentle Joints Plus:** adds a "calorie burn" cardio focus!!!

