



Program Director: Tammy McAlister

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Program Fees: Individual \$73 Couple \$115

Welcome to COM's Water Aerobics Program. A friendly environment where you can combine fitness and fun!

Deep Water Aerobic Classes:

Deep water classes provide an opportunity to receive a cardiovascular workout without any impact on the joints. When suspended up to the chest in water approximately 75%-90% of your body weight is cancelled. Water buoyancy supports your weight. Moving through the water provides resistance which in turns strengthens muscles.

Our 7:15am and 10:00am classes are designed for the beginner or those wanting a slightly slower pace. The exercises are the same as in the other water aerobic classes. The milder pace allows participants to concentrate on using correct form and technique, which provides a productive workout.

Shallow Water Aerobic Class:

Shallow water is a great way to challenge your body. The pool floor is utilized to add as much power as needed by each participant to increase the intensity of a workout. There is some impact; however, this is significantly reduced due to the buoyancy of water and the benefit of cancelling out the majority of a person's weight.

Deep Water Running:

The best cross-training workout for runners! Water running is neuromuscular specific so it replicates running without the pounding. This workout is for those who want to increase their training but not increase their chances for injury. Because of the physics of drag, it requires more muscular involvement thus strengthening more muscles than dry land running does without the impact. This class is held in the FMH Natatorium on T/Th and in the Aerobics pool on M/W.

Multiple Sclerosis Class:

This is a class that is designed specifically for those individuals with Multiple Sclerosis. The exercises are chosen to encourage movement, build endurance in a cooling environment and strengthen the entire body. There is a special rate for those with Multiple Sclerosis and their caregivers. Please contact us for more information.

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