



WELCOME TO AQUA!

This immensely enjoyable form of exercise makes creative use of the natural resistance and buoyancy of water to provide a low-impact workout that is both fun and effective. It is suitable for all ages and different levels of fitness. Aqua Fitness classes will improve muscular endurance and strength, body composition, cardiovascular endurance, flexibility or joint mobility, as well as improving neuromuscular coordination.

Aspen has a shallow water pool (3 ½ - 5 feet deep) with 2 lap lanes. The water temperature is set at 82 degrees, but may fluctuate a few degrees due to air temperature.

Please wear swimming suit/trunks that allow for freedom of movement and comfort. Aqua shoes are recommended to ensure stability, safety and protection. Aspen provides all necessary equipment for the classes including Aqua dumbbells, noodles, water belts, and kickboards. Please bring a water bottle to stay hydrated.

Aqua Aerobix~ An action packed, high intensity workout in the pool! In the water there is no weight bearing stress on joints so everyone can participate. Improve your cardiovascular endurance, burn calories, build strength, and improve the range of motion in your joints while having fun!

Strength and Stretch~ A low-impact water class that incorporates core exercises, strength training, and basic yoga.

Other pool activities include: Family Swim hours, Swimming lessons, and Triathlon Training. Monthly class schedules are available at the front desk or you can log onto www.aspenathletic.com for more information.

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