



## Why Water Exercise

Water, water everywhere! Working out in the water is one of the most therapeutic activities one can take part in. Water aerobics builds cardio, strength and resistance all while being easy on the joints and in a cool and relaxing atmosphere!

- **Increase muscle strength**
- **Build endurance**
- **Increases flexibility**
- **Low-impact exercise**
- **Alleviates pressure on the joints**
- **Relieves stress and decreases anxiety**
- **Burns calories**
- **Reduces blood pressure**
- **Cooling exercise**
- **Popular activity** – Water aerobics is not limited to any age group or skill level. As a result, water aerobics is known to be one of the most popular bonding activities for friends and family. The sport appeals to all ages – with younger generations naturally enjoying the fun to be had in swimming pools while still appealing to the older generations and their need to maintain a moderate level of physical fitness.



**Try Water Exercise Today!**

The Stayton Family Memorial Pool offers a variety of exercise classes to meet all your fitness needs. Swimming skills are not necessary for most classes and you can modify all exercises to meet your fitness level.

We challenge you to make exercise a priority while having fun and meeting new people. We are here to serve you!

Stayton Family Memorial Pool  
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# Stayton Family Memorial Pool



## Water Exercise Pamphlet.



Tel: 503-767-7665 (POOL)

# Find a class to fit your needs!

**Pick up a current Pool Schedule for updated class times as well as lap swim, water movement, and open swim times.**

## Aqua Aerobics

(Tuesday, Thursday, Friday 6:00 am)

This shallow water aerobics class is great for the early riser and provides a strong workout that combines cardio, strength and flexibility – a great way to begin the day. Use of aquatic equipment is encouraged.

## Core Conditioning

(Monday, Wednesday, Friday 8:00 am)

This class focuses on postural training to increase mobility, flexibility and muscular endurance in your core (abdominal and back muscles). Using flotation equipment, participants will utilize both shallow and deep water to work on total body strength.

## Lite Aquacise

(Tuesday, Thursday at 8:00 am)

This lite Aqua Aerobic class offers lite to moderate-movement cardio and strength training as well as flexibility and core strength. It will challenge you to increase your cardio fitness and participants may modify for his or her current fitness level.

**\*\*\* All Class Participants must participate in the classes to the best of their ability. Classes end 5mins to the hour. \*\*\***

## Ahi Chi

(Monday 11:00 am)

This slow, focused workout will help improve your mastery of core balance. Special attention is given to proper breathing and posture. No equipment needed.

## Power Hour

(Monday through Friday 9:00 am)

This high intensity shallow water class is fast-moving and combines cardio and strength training as well as flexibility and core strength. It will challenge you to increase your cardio fitness and participants may modify for his or her current fitness level. Use of aquatic equipment is encouraged.

## Joints in Motion

(Certified by the Arthritis Foundation)

(Monday, Wednesday at 10:00 am \*\*shallow end only\*\*)

This gentle therapy workout is designed to increase your flexibility, endurance, balance and energy. It is especially helpful for joints that have been injured or affected by arthritis or other conditions or for those building endurance after illness. Special attention is given to restore and preserve the body and protect against further damage. Use of light aquatic equipment periodically used.

## Deep Plunge

(Monday, Wednesday 10:00 am)

Improve endurance and posture with this high-intensity, non-impact strength and cardio workout. A wide variety of buoyant aquatic equipment is used to help tone both upper and lower body as well as improve core muscles to stabilize your body in the water. Participants should be completely comfortable in deep water.

## Yogalates

(Wednesday 11:00 am)

Using Pilates and yoga exercises in the water, this class focuses on postural training to increase mobility, flexibility and balance. The calm, low light atmosphere encourages stretching and core balance. Use of some aquatic equipment for balance and stability.

## Deep 2 Shallow

(Friday 10:00 am)

Using the entire pool, this class will challenge you to improve endurance and posture. With the use of kicks (with fins if desired), kickboards, and other buoyancy equipment, you will work to tone both upper and lower body as well as strengthen the core. Individual goals are stressed and encouraged. Participants should be completely comfortable in deep water.

## Tune-up Time

(9:00 am 1<sup>st</sup> & 3<sup>rd</sup> Friday of each month)

Now is your chance to find new motivation to exercise! On the first and third Friday of each month, we will offer "Tune-up Time" -- a class that will challenge you to move to the beat of the music. This class is held in the shallow water and water shoes are recommended. By simply using your body and the water, you will have fun finding new challenges as you mirror the instructor on deck and move to the music. Not sure it's for you? All levels welcome so come give it a try – no equipment needed and no dance moves required!