

# Aqua Exercise

Aqua aerobics is fast becoming a popular alternative form of exercise, having significant benefits for people of all ages and ability.

Over the decades people have run, jumped, bounced and pumped their way through fitness routines which may have left them with damage to their joints and muscles. Exercising in water is a safe and effective alternative.

Recently, health and fitness providers have created water exercise programs that give you a workout to raise your heart rate to a training zone. In fact many AFL football clubs include water exercise in their training programs, dispelling the myth that aqua workouts are always gentle!

Aqua aerobics classes are beneficial for:

- Cardio-vascular fitness!
- Resistance training!
- Burning calories!
- Injury rehabilitation!
- Hydrotherapy!
- Social interaction!

You can increase or decrease the exercise intensity easily in the water. It is very possible to improve the efficiency of the cardio-respiratory (heart-lung) and cardio-vascular (heart-arteries-veins) systems.

## Did you know...?

Many think that aqua exercise is a recent innovation, however some ancient civilisations of the world (Greeks, Chinese and Romans) used water for exercise and practical therapy.

# Aqua Exercise Options

<b>Tuesday 7.30- 8.30pm</b>	Aqua Power – Exercises for those wishing to improve strength, range of movement, or needing 'recovery' and rehabilitation for an injury. Exercise to the beat of your own drum! <b>(Price: #1)</b>
<b>Thursday 10.00- 10.50am</b>	Aqua Aerobics - Creative movements providing great resistance and excellent cardio. Get set to increase your heart rate and add some variety to your workouts. <b>(Price: #1)</b>
<b>Thursday 11.00- 11.50am</b>	Aqua Gentle - Movement for those easing into fitness, developing their range of movement and balance, or with joint issues such as arthritis. Very relaxing! <b>(Price: #2)</b>
<b>Thursday 7.30- 8.30pm</b>	Aqua Power – Developed for people wishing to challenge their resistance capabilities and love the benefits of high intensity cardio exercise. Not for the faint-hearted! <b>(Price: #1)</b>
<b>Saturday 4.00- 5.00pm</b>	Aqua Power – Designed for people 'on the move' and ready to raise their heart rate. You'll utilise the whole pool and get a whole body workout! <b>(Price: #1)</b>
<b>Various</b>	Hydrotherapy — Class options right.
<b>Price: #1</b> = \$18.00 per class <u>OR</u> \$160.00 for 10 visit card <u>OR</u> the classes are included in gym memberships.	
<b>Price: #2</b> = \$14.00 per class <u>OR</u> \$130.00 for 10 visit card <u>OR</u> the classes are included in gym memberships.	



# Hydro-therapy Options

**Gentle water exercise (or hydrotherapy)** is an excellent choice for those with arthritis, muscle injuries, joint replacements, weak muscles or other mobility restrictions. It provides support for the body while you do various types of muscle movements in the water, sometimes utilising equipment to challenge capabilities.

<b>Tuesday 1.00- 2.00pm</b>	<b>Bounce Health Group</b> Phone 1300 855 442 for price enquiry and booking.
<b>Wednesday 1.00- 2.00pm</b>	<b>Bounce Health Group</b> Phone 1300 855 442 for price enquiry and booking.
<b>Thursday 11.00- 12.00pm</b>	<b>Healthways' 'Aqua Gentle'.</b> No need to book in advance, you can just turn up. \$14.00 per class <u>OR</u> \$130.00 for 10 visit card <u>OR</u> the class is included in gym membership.
<b>Thursday 12.00- 2.30pm</b>	<b>Arthritis Victoria</b> Phone 8531 8009 for price enquiry and booking.
<b>Friday 1.30- 2.30pm</b>	<b>Bounce Health Group</b> Phone 1300 855 442 for price enquiry and booking.
<b>Friday 2.00- 3.00pm</b>	<b>Whitehorse Community Health</b> Phone 9890 2220 for price enquiry and booking.

**Remember:** You can also come outside of class times to do your own hydrotherapy routine. Pick up a 'Pool Availability Timetable' at reception.



# Burns Calories

Exercising in water is one of the highest calorie burning activities, and certainly the kindest to your muscles and joints. Additionally, water activities exercise the whole body - the legs, stomach, arms and back.

Have a look at the table below and note that the equivalent calorie count for water options is achieved with less effort compared to the land option. This is because the water creates resistance with every movement. For example:

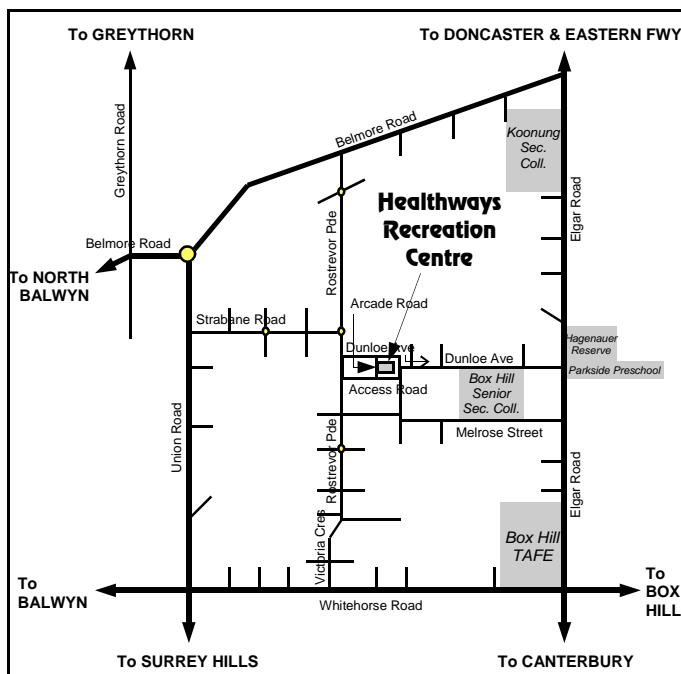
- 'Leisurely aqua aerobics or swimming' is the same as 'aerobic dancing'; and
- 'Gentle water exercise' is the same as 'walking @ 6.4km/hr, brisk pace'.

So if you want to loose weight, increase your metabolism, protect your body from injury, and you enjoy the water, then aqua exercise is a great option for you.

Compare calories burnt during water exercise versus land exercise options:

Activity	Calories/hr (Weight 130lbs)	Calories/hr (Weight 190lbs)
Running @ 10.7km/hr, very fast vigorous	649	949
Vigorous aqua aerobics or swimming	★590	★863
Vigorous effort cycling	590	863
Jogging	413	604
High impact land aerobics	413	604
Leisurely aqua aerobics or swimming	★354	★518
Aerobic dancing	354	518
Gentle water exercise	★236	★345
Walking @ 6.4km/hr, brisk pace	236	345

Sourced from NutriStrategy 2005



## Opening Times...

Early opening days: Mon/Wed/Fri – 6.30am  
 Early-ish opening day: Sat – 8.30am  
 All other days: Tues/Thurs/Sun – 9.00am

## Closing Times...

Late closing days: Mon to Thur – 10.00pm  
 Late-ish closing days: Fri/Sat/Sun – 9.00pm

## Healthways Recreation Centre

◆Gym ◆Tenpin ◆Squash ◆Swim

3 - 11 Arcade Road  
 Mont Albert North, 3129  
 Melways 46 K7

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# Aqua Exercise

High & Low Intensity  
Options



**Healthways**  
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