

# Adult Water Fitness

Houston Parks and Recreation Department  
Adult Sports Presents

## 2015 SUMMER ADULT WATER FITNESS CLASSES



Cool off this summer with FREE water fitness classes! Water fitness is a great exercise for any age, any fitness level, and any body type. No fee is charged.

All enrollments are filled on a "firstcome, firstserved" basis. Register online at <https://apm.activecommunities.com/houstonparks/Home> or at the pool site. Classes are limited to a maximum of 20 participants per class at most pool sites. Aqua shoes, a towel, and a plastic bottle of water are recommended.

<b>Dates:</b>	June 16 – August 8, 2015
<b>Class Days:</b>	Tuesday & Thursday, Wednesday & Friday
<b>Time:</b>	Varies by Site (See back)
<b>Information:</b>	832.395.7274
<b>Online Registration:</b>	<a href="http://www.houstonparks.org">www.houstonparks.org</a>



<b>Pool</b>	<b>Location</b>	<b>Day</b>	<b>Time</b>	<b>Class</b>
Agnes Moffitt	10645 Hammerly, 77043	W&F	7:00-7:50 pm	Adult Circuit Water Fitness
Finnigan	4900 Providence, 77020	S	1:00-1:50 pm	Adult Circuit Water Fitness
Hobart Taylor	8100 Kenton, 77028	W&F	7:10-8:00 pm	Aqua Zumba
Jud. Robinson Sr.	1422 Ledwicke, 77029	W&F	10:00-10:50 pm	Adult Circuit Water Fitness
MacGregor	5225 Calhoun, 77021	T&Th	9:00-10:00 am	Adult Circuit Water Fitness
MacGregor	5225 Calhoun, 77021	W&F	7:10-8:00 pm	Aqua Zumba
Mason	541 South 75th, 77023	W&F	5:00-5:50 pm	Adult Circuit Water Fitness
Sunnyside	3502 Bellfort, 77045	T-F	5:00-5:50 pm	Silver Splash
T.C. Jester	4205 T.C. Jester, 77018	T&Th	7:10-8:00 pm	Adult Aquatic Dance
Tidwell	9720 Spaulding, 77016	T&Th	10:00-11:00 am	Adult Circuit Water Fitness
Townwood	3403 Simsbrook, 77051	T-F	7:10-8:00 pm	Adult Circuit Water Fitness
Westbury	10605 Mullins, 77096	T	6:30-7:30 pm	Adult Hydro Fitness Power Training
Westbury	10605 Mullins, 77096	T&Th	9:00-10:00am	Aqua Zumba
Westbury	10605 Mullins, 77096	Th	6:30-7:30 pm	Aqua Zumba
Windsor Village	14441 Croquet, 77085	T&Th	7:10-8:00 pm	Aqua Zumba

### **CLASS DESCRIPTIONS:**

**Adult Circuit Water Fitness:** A combination of cardio, strength training, and flexibility that takes you through a series of stations using effective circuit training principles and the latest aquatic equipment for a total body workout. Intensity: light to moderate.

**Adult Hydro Fitness Power Training:** An athletic approach to water fitness training with sports-specific drills, intense cardiovascular work, intervals, balance/core training, martial arts, and plyometrics. It's a great way to improve your cardiovascular conditioning, muscular strength, and endurance with minimal stress on your joints. Loud, rocking music is a part of the workout. Also, recommended as a great form of cross training. Intensity: moderate to hard.

**Silver Splash:** A water fitness class for mature adults to gently stretch, flex, tone, and socialize in shallow water. Intensity: light.

**Adult Aquatic Dance:** A combination of cardio, strength training and flexibility using dance technique and rhythm to evoke creativity and focus. This is a total body workout. Intensity: low to moderate.