Aqua YOGA, Aqua FIT & Aqua ZUMBA

Instructor: Violet Borens, CPT
(520)303-1820; violetfitness@gmail.com
(Violet is a certified instructor for Land & Water Aerobics, Total Body Tabata, Zumba, Aqua Zumba, Tai Chi, Chi Kung, Yoga, and Belly Dance.)

MONDAYS	**FRIDAYS**
11:00 - Aqua Fit	11:00 - Aqua Zumba
12:00 - Aqua Yoga	12:00 - Aqua Yoga

Payment Options:

- Drop-in: $7.00 per class
- Punch Card: $50.00 for 10 classes (Good for any class listed below.)

Aqua Yoga - It is a tremendous benefit to practice Yoga in the water. The water buoyancy is more comfortable than on land; much easier for joint, knee and hip exercise, also will reduce back pain and chronic disease. Water resistance is approximately 12 times more than air. This resistance will slow the movement down, which is perfect for Yoga. For example: Tree Pose, 1 leg stand posture in the water will be much easier to practice. In the water, we will hold on to the side of the pool or brace foot at the side of wall help us stabilize, ground and center. Hatha Yoga Sunrise Format creates a balanced flow of movements. The format focuses on core and stabilizing techniques that unify body movements by coordinating breathing and relaxation. Improve posture and body awareness, develop strength and flexibility, increase bone density and joint mobility.

Aqua Fit

- 30 minutes, continuous rhythmic cardio workout.
- 15 minutes, work on muscle endurance / tone and core training.
- 10 minutes, warm down stretch & relaxation. (combined with Tai Chi flowing movements)

Working in the water will increase lean tissue or fat free mass while burning adipose tissue (fat) for energy. It will result in a more effective aerobic capacity, muscle flexibility and joint mobility with a full range of motion. The water buoyancy and resistance will benefit your work out which will be more deficient and challenging.

Aqua Zumba - The music leads you to move & dance through the water. A full body workout for all ages to benefit muscle endurance, cardio vascular efficiency, coordination, balance, increased flexibility, joint mobility & strength. It is a great exercise due to the viscosity of the water, which is the resistance we feel while moving in water. You will love Aqua Zumba! The music and the dance will energize you and is lots of fun while working every muscle in your body - just like a "Pool Party"!