



SPECIALTY AQUATIC CLASSES

**ALL SPECIALTY CLASSES REQUIRE AN ADDITIONAL FEE.
PLEASE CHECK WITH THE FRONT DESK FOR DETAILS.**

Arthritis Aquatics (SH) This class is held in the pool in Whitehouse (85°-87°). This program allows participants with arthritis, fibromyalgia, rheumatic or musculoskeletal conditions and those who are generally de-conditioned, to safely exercise in a group environment. The gentle activities in warm water, with guidance from a certified instructor, focus on increasing range of motion, postural alignment and balance. Participants enjoy increased flexibility and mobility and report decreased pain and stiffness after joining the class.

Functional Movement Improvement (FMI) This is a specialized class focusing on those with Arthritis, Stroke and Cardiovascular disease and neuromuscular disorders such as Parkinson's and Huntington's. The class provides a functional and safe workout in shallow warm water (94°) in the Therapy Pool in Clinton. Focus will be to improve balance, gait, strength, range of motion, and stretching in a safe and effective way to improve quality of life and movement ability.

Master Swim This class is a challenging workout designed to improve swimming technique, endurance and speed. Workouts are written for all levels and skills for adults 18 and older. Each class will rotate between workout types and complement the other master swim times so that you can join as many classes per week as you would like. This class is held in the Clinton pool.

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*D—Deep Water Aerobics
SH—Shallow Water Aerobics Classes*



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Hunterdon Health & Wellness Centers
of Clinton and Whitehouse Station



GROUP AQUATIC CLASSES

Our group aquatics classes provide a social atmosphere while providing a combination of cardiovascular, strength, endurance, balance and flexibility exercises in our pools. These classes are safe for your joints and promote strength and ease of movement in everyday life. Many classes are accompanied by upbeat and motivating music. You never will get bored doing the same routine.

Aquatics (SH) In waist to chest deep water, participants use a variety of equipment including buoys, noodles and free weights. This class is held in both facilities and is beginner friendly but challenging. Non-swimmers are welcome and encouraged to attend. Flotation devices and other accommodations are available.

Aquatics (D) This class is held in Clinton in water up to 7 ft. in depth. Deep water exercise increases range of motion by allowing the body to move in positions unrestricted by the pool bottom. A focus on correct body alignment, posture, core conditioning, and mobility helps promote strength and reduce the risk of injury. Flotation devices can be worn and accommodations made for participation in shallow water if desired. These classes are challenging, yet great for the beginner.

Aqua Pilates converts mat-based Pilates and reformer Pilates exercises into pool-based exercises. Similar to traditional Pilates, it works to lengthen the body and increase abdominal and back strength. Like traditional Pilates, it also is helpful for adopting better posture and balance. It is most beneficial for people who are affected by health ailments that prevent the use of mats or reformer such as arthritis, scoliosis and chronic obesity.

With aqua Pilates, water and the body's own muscles provide the resistance necessary to receive a full-body workout. Water shoes are not necessary, but some people find that they prevent slipping

Boot Camp (SH) An intense aqua class held in Whitehouse combining cardio and strength exercises done to motivating music that push you to the edge. Drills and exercises using a variety of equipment keep the class interesting while conditioning each major muscle group.

Water Volleyball A fun-filled class for any age and fitness level. Held in both Clinton and Whitehouse.