AQUATICS

SAW MILL CLUB

Water Exercise Schedule FALL 2026 Effective 9/9/26

When the entire body is underwater, 90 percent of the body's weight is carried by the water. This buoyancy helps older adults by improving their balance and strength. Water, also offers resistance and has 12 to 14 percent more resistance than air. This gentle friction aids in strengthening muscles and joints, especially for those recovering from an injury. Water exercise can increase cardiovascular fitness, lower blood pressure and cholesterol levels, increase energy and help people lose body fat. Exercising in the water can relieve depression, anxiety, and boost self-esteem. It enhances flexibility, strengthens muscles, and improves circulation, increase heart and lung function and encourage better blood flow to the muscles, especially the legs.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00–10:00AM **Aqua Strength** *Sara*	9:00–10:00AM **Aqua Intervals** *Cyndie*	9:00–10:00AM **Aqua Fit** *Danielle*	9:00–10:00AM **Aqua Intervals** *Sara*		
		STARTS 9/23				
2:00–3:00PM **Aqua Intervals** *Genoeffa*	2:00–3:00PM **Aqua Fit** *Bernadette*	2:00–3:00PM **Aqua Zumba** *Bernadette*	2:00–3:00PM **Water Exercise** *Cyndie*	2:00–3:00PM **Aqua Strength** *Genoeffa*		
STARTS 9/21					4:00–5:00PM **Water Exercise** *Genoeffa*	4:00–5:00PM **Aqua Strength** *Amy*
7:00–8:00PM **Anything Goes** *Cyndie*						

Move Together. Feel Stronger. Live Well

For further information, contact
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