



Revised 9/1/2019 Benefits

Class and Description	Burn Fat & Weight Loss	Endurance	Strength	Tone/Shape Legs & Butt	Tone/Shape Upper body	Flexibility	Agility & Coordination	Core Strength	Reduce Stress & Tension
Ai Chi for Life —a form of water exercise which uses slow circular movements to build strength, balance and flexibility while also promoting relaxation and a healthy mind-body relationship.		X	X			XX		X	XX
Aquatic Cross Training —Drag and buoyant forces will be experienced in the water, restoring and improving your agility, muscular strength, and quickness in a pain free environment. This is a great option to add to any land based warriors or for recovery with moderate impact.	XX	XX	XX	XX	XX			XX	
Aqua Arthritis for Life -This class incorporates head-to-toe stretching exercises and movements in order to preserve and restore flexibility and strength. It can help to improve coordination, balance and overall mobility.		X	X			X		X	XX
Aqua Easy for Life -This is a low impact, total body conditioning program which targets beginners and those who are moving on after physical therapy and aqua arthritis. Its combination of aerobic, strengthening and stretching exercises can offer both comfort and challenge to participants of all fitness levels.	X	X	XX	X	X	X		XX	X
Aqua Fibromyalgia for Life -By taking advantage of the therapeutic properties of warm water, this class helps to increase range of motion and muscle relaxation and to decrease chronic pain and other physical discomforts. Slow, gentle motions and an integrated total body approach enhances the mind body connection and an overall positive outlook.		X	X			X		X	XX
Aqua NMC for Life — (Neuro-Muscular Conditioning) This class allows the participant to increase their mind body awareness in the buoyant warm water environment while stepping up the pace.	X	X	XX	X	X	X		X	XX
Aqua HIIT Fusion —This class challenges and improves your cardio vascular system, builds strength and enhances functional fitness.	XX	XX	XX	XX	X		X	XX	
Aqua Power Ball —A high intensity core strengthening workout using balls of various sizes. Participants are encouraged to challenge themselves while going at their own pace	X	XX	XX	XX	XX			X	
Aqua Power Intervals — 60 seconds of exercises that move from large muscle groups to cardio intense actions through water. Class moves at a fast and fun pace. Participants can exercise at their own pace.	XX	X	XX	XX	XX			X	X

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Body Sculpting – Muscle groups will be challenged while using a variety of exercise equipment. Class simulates time in the weight room while utilizing the support of the water.	XX	X	XXX	XXX	XXX			X	X
PM & R - (Physical Medicine & Rehabilitation) Aqua classes are held every day at various times. Scheduling and payment arrangements are coordinated through the hospital. Please call PM&R (610) 328-8800.									
Power H₂O - This is a moderate impact, high intensity aerobic conditioning class that is combined with resistance exercises. It employs various forms of buoyant equipment to unite cardiovascular training, upper and lower body and core strengthening.	XX	X	XX	X	X		X	X	X
Strong & Fit for Life -This program uses equipment to increase functional fitness and core strength. Participants are encouraged to go at their own pace	X	X	XX	X	X	X		XX	X
Water Workout for Life - This is a low impact, moderate intensity exercise program with special attention to overall strengthening. This total body workout includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching.	X	X	X	X	X	X		XX	X
Water Workout Plus - Same description above but class is formatted for a moderate to high intensity.	XX	X	XX	X	X			XX	X