

# HPA Water Fitness

## Aqua Fit Fun/Aqua Belt Blast

Jump-start your day with a heart pumping suspended cardio water workout with Aqua Joggers. Water weights will also be used to help sculpt those problem areas, and movements that improve stretching, balance and coordination. All levels are welcome. A wide range of different genres of music will be used to enhance the workout.

- **Where:** Hawaii Preparatory Academy Swimming Pool
- **When:** Monday – Wednesday - Friday  
9:30am – 10:30am
- **Fee:** \$10 per class (using the new Speedo water weights/aqua belts)  
\$90 / 10 Class Package (10% off)  
NOTE: Speedo water weights/aqua belts are available for purchase at Sports Authority.
- **Contact:** Colleen Patton / cpatton@hpa.edu / 881-4037



## Benefits of resistance and buoyancy

### Positive effects of resistance

- Range of motion is enhanced by changing hand/foot configurations, lever lengths, through speed of motion and intensity
- Increase flexibility with multi-directional resistance
- Movements are slower and less jerky

### Positive effects of buoyancy

- Water decreases the amount of shock
- Decreased gravity results in decreased joint loading
- The force of buoyancy assists venous return
- Lower exercise heart rates during aqua fitness
- Decreases the effect of gravity, body weight is reduced by 75% to 90%



**See you in the pool!**