

# WATER AEROBICS

## SLC SPORTS COMPLEX

AS OF  
1/16/20

<b>MONDAY</b>	8-9am <i>DEEP WATER</i> W/ Myrna	9-10am <i>SHALLOW WATER</i> W/ Ann	10:15-11:15am <i>LOW IMPACT</i> W/ Ann
<b>TUESDAY</b>	9-10am <i>SHALLOW WATER</i> W/ Red	10-11am <i>AQUA ZUMBA</i> W/ Julia	6-7pm <i>DEEP WATER</i> W/ Red
<b>WEDNESDAY</b>	8-9am <i>DEEP WATER</i> W/ Myrna	9-10am <i>SHALLOW WATER</i> W/ Ann	10:15-11:15am <i>LOW IMPACT</i> W/ Ann
<b>THURSDAY</b>	9-10am <i>DEEP WATER &amp; PILATIES</i> W/ Darlene	10-11am <i>AQUA ZUMBA</i> W/ Julia	6-7pm <i>DEEP WATER</i> W/ Red
<b>FRIDAY</b>	8-9am <i>DEEP WATER</i> W/ Myrna	9-10am <i>SHALLOW WATER</i> W/ Ann	10:15-11:15pm <i>LOW IMPACT</i> W/ Ann
<b>SATURDAY</b>			
<b>SUNDAY</b>	10:30-11:30am <i>DEEP WATER &amp; PILATIES</i> W/ Darleen		

Must be 16 Years or older to participate.  
A pass must be purchased at the front desk upon entry.  
Classes are subject to change without notice.



**SL**  
SALT LAKE  
COUNTY  
PARKS &  
RECREATION

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**Deep Water with Myrna:** Jump into the deep end and energize your mind, body, and spirit. Start your day with a vigorous workout with virtually no impact on sensitive joints. This class is designed to help you maintain good cardio-vascular health, strengthen muscles and joints, rehabilitation, and aerobic fitness! Each class features a vigorous full body warm up, short upper body workout, an upbeat and high energy aerobic portion, and a stretch and breathe cool down. Come ready to work and have fun, too!

**Deep Water with Red:** A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

**Deep Water and Pilates with Darlene:** Deep Water Aerobics & Pilates is a vigorous workout for any level! It is non-impact and great for those recovering from injury or joint replacement surgery. After beginning with an important warm up, we transition to the Cardio section. In the second half, we focus on developing essential core muscles through Aqua Pilates exercises. We end with a relaxing cool down and stretches. Flotation equipment keep participants safe and secure, but are not required. Darlene Langford has taught water aerobics for 6 years and has been a student for 12 years. She is certified through the United States Water Fitness Association and Aquatic Alliance International. She believes in the transforming power of water aerobics on the mind as well as the body.

**Low Impact with Ann:** Low Impact Shallow Water exercise is a combination of strength training, range of motion, muscle & skeletal exercises while also incorporating some cardio.

**Shallow Water with Ann:** After warming up, 30 minutes of continuous aerobic movement followed by a core body workout and cool down.

**Shallow Water with Red:** Done mostly vertically and without swimming, typically in waist deep water, it is a type of resistance training and stretching for the young at heart. The music is very helpful, and most patrons sing along as they exercise their way to fitness.

**Aqua Zumba with Julia:** Jump into the latin-inspired, easy-to-follow, calorie-burning, dance fitness party that makes working out a splash.

**If you have any questions please contact Kyle Darling at [KDarling@slco.org](mailto:KDarling@slco.org) or 385-458-1930.**

**For inclusion opportunities for people with disabilities, please e-mail**

**[InclusionRec@slco.org](mailto:InclusionRec@slco.org) or call (385) 468-1520.**