



## Class Descriptions

**A.C.T. (Aquatic Circuit Training)** - Prepare yourself for the ultimate workout. Optional flotation devices can be used for suspension in deep water. Create a challenging total body workout with specialized water equipment and natural water resistance. Expect powerful moves and full range of motion to improve your strength, cardiovascular fitness, and flexibility. *Some swimming skills are needed to reduce impact during this workout.*

**Aqua Mind Body**-Fuse the best of Mind & Body workouts with the benefits of the warm, therapeutic water. Combine Ai Chi (water T'ai Chi), Yoga, Qi Gong, Pilates and core stabilization activities to elevate mind, body and spirit. Great for any 'body'- no experience necessary- you just have to know how to breathe.

**Warm Water Motion**-Improve range of motion & joint flexibility, reduce pain & stiffness, and condition muscles. Gentle movements in shallow water help aching bodies feel better. *Swimming skills are not required for this class.*

**Warm Water Motion 2**-Improve range of motion, joint flexibility, & muscle strength. Reduce pain & stiffness. Gentle movements in shallow water help aching bodies, while resistance equipment strengthens muscles. *Swimming skills are not required for this class.*

**Parent and Child Aquatics/Aqua Babies**-Bond with your child while learning to enjoy & safely play in the water with your child. *Recommended for children 6 months and older. Swim diapers are required for your child.*

**Preschool Level 1 Swimming**-A class for children ages 4 &5. This is an introductory level swimming class designed to get students comfortable being in and around the water.

**Preschool Level 2 Swimming**-A class for children ages 4&5. This class is for water adjusted children who can submerge their face, blow bubbles, enter and exit water willingly, and float front and back comfortably with assistance.

**Beginning Mat Pilates**-Improve core control, coordination, standing alignment and balance with Pilates mat exercises. Stretch, strengthen, and lengthen muscles while focusing on breathing and body awareness. *Participants need comfortable clothes and a mat. Beginning Mat Pilates is offered Tuesdays 12:10-12:50pm. Class fee is \$5/class.* This class is offered at our Medical Center at Medina Lakes office-3780 Medina Road: 3rd Floor. Please contact Michelle to register for this class. (330)722-3781×250 or [michelle@ferrellwhited.com](mailto:michelle@ferrellwhited.com)

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