

# MASA Fitness Opportunities



## **Morning Water Walk/Water Exercise**

**7:30-8:30 a.m. Monday-Friday - Ongoing!!**

MASA offers a water exercise program for men and women, combining the elements of movement and water to improve muscular strength, endurance, and flexibility as well as cardiovascular performance. This program is especially beneficial for those who have not been physically active, those who suffer from arthritis, back discomforts, and/or other physical limitations. No swimming skills are necessary. Water exercise is a low impact exercise designed for all fitness levels. The buoyancy effect of the water increases benefits by applying minimal stress on the feet, ankles, knees, and hips. Water fitness provides more range of motion for older adults and others who may have specific movement problems. Only those participating in the class can be in the pool during this time. An incentive program is also offered for members.

## **Aqua Zumba**

**Tuesdays and Thursdays 6:30-7:15 p.m.**

**Saturdays 8:00-8:45 a.m. held from  
Labor Day to Memorial Day.**



Splash your way into shape with an invigorating low impact aquatic exercise. Known as the Zumba "pool party", the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief. Using a combination of exercise and aerobics techniques, you get a vigorous workout with the added resistance of water. Your instructors will occasionally add use of resistance bells or other apparatus to get specific results within the workout. No special skills are required. Swimmers and non-swimmers alike are welcome to participate. Aqua Zumba offers a more vigorous workout while still being appropriate for beginners; you work at your own pace. Members that take this class may also take advantage of our incentive program.

## **Our Instructors**

Our fitness instructors are some of our most long-standing employees. They have been teaching fitness classes here at MASA and have great experience and enthusiasm. We offer trainings to our instructors to keep things fresh and some of them have recently attended Sweat training and boot camps. Our evening and Saturday instructors are certified Zumba instructors.