

# SUMMER SLIMMERS

FITNESS  
CENTER  
642-1651

## Aqua Aerobics

Aqua aerobics will challenge participants to work to their own ability while working all areas of the body.

The pool is a great resistive environment & an extremely effective tool to achieve muscular strength & cardiovascular endurance.

It will help increase spinal mobility & flexibility as well as strengthen core muscles with little impact on the joints.

This a great way to get in shape while having fun in the pool.

## Group Training

Group training is a workout designed for 2 to 3 people.

It is a great way to challenge and motivate each other to keep working hard to achieve maximum results.

Each session is a different combination of strength training exercises that will challenge both muscular strength and muscular endurance.

It will be challenging, effective, and most of all Fun!

## Pilates

Pilates exercises are performed with slow controlled motion to effectively work the abdominal & back muscles which primarily make up the core muscles of the body.

Pilates can help you develop muscular strength, flexibility, lengthen the muscles, a strong back, shapely stomach & improve posture.

Through mind/body connection the session makes for a wonderfully calming workout.

**Contact Vickie for details**