

Deep Water Exercise

Aquatic-based fitness programming is ideal for all age groups and fitness levels. The unique properties of the water create a great environment for exercise: supports our body weight, reducing the impact on our joints, and provides resistance.

Deep Water Exercise is instructed in the diving well and provides cardiovascular and muscular conditioning components, as well as flexibility (joint range-of-motion). This class will focus on posture, form and movement technique while improving cardio-respiratory functioning and muscle strength. Great cross-training class for distance runners!

Wednesday's, 6:00 - 6:45 p.m.

January 9th - May 22nd

Seymour High School Aquatic Center

Classes are through Seymour Parks and Recreation and instructed by Dr. Kelly Jo Baute, A Splendid Earth Wellness.

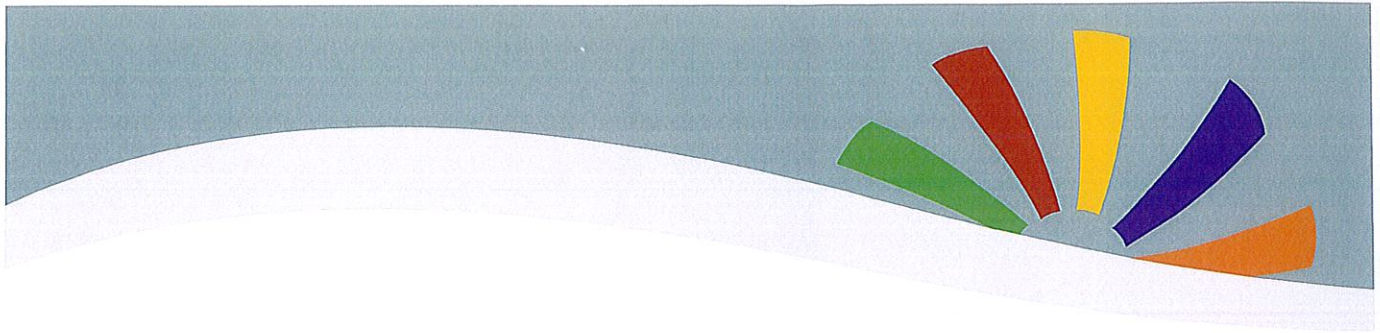
For more information, contact Kelly at asplendidearthwellness@gmail.com

Cost: \$5.00/class



Please bring:

- Water
- Towel



Class Description:

The Pilates Method was developed to improve movement, decrease joint and muscle pain and discomfort and to build long, lean muscles.

Each class will consist of learning and practicing the first 10 exercises in Pilates Classic Mat. In addition, you will learn traditional exercises that will assist you in developing strength and flexibility to perform Pilates Classic Mat exercises.

Class Schedule:

Week 1: Introduce Joseph Pilates, Pilates philosophy, terminology, The Basic 5.

Week 2: Break down and practice The Basic 5.

Week 3: Continue learning The Basic 5.

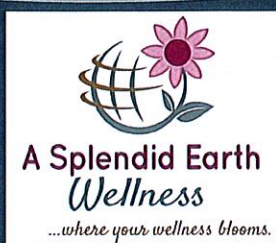
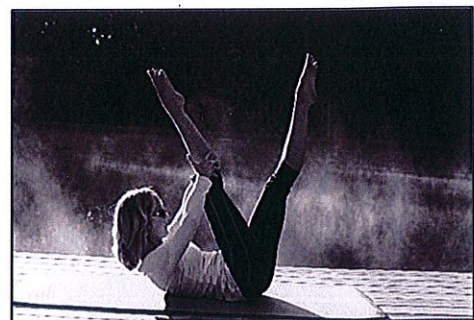
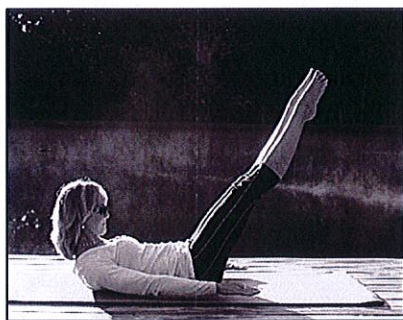
Week 4: Continue The Basic 5, add-on Single-leg stretch, Double-leg stretch.

Week 5: Continue practicing the first seven exercises.

Week 6: Add-on Single Straight-leg stretch and Double Straight-leg stretch.

Week 7: Continue practicing the first nine exercises.

Week 8: Add-on Criss-Cross, introduce next class session.



Please bring:

- Exercise mat (foam)
- Stretch-Out strap*
- Water
- Towel

* available for purchase