



Raleigh Aquatics

Water Exercise Program



**Raleigh
Parks**

Benefits of Water Exercise

- INCREASE strength, energy, range of motion, muscle tone, circulation, endurance, balance, and confidence.
- DECREASE stress, blood pressure, tension, weight gain, body fat, impact on joints, and risk of injury.
- ENHANCE overall well-being, sleeping patterns, and the recovery process following injuries.
- STRENGTHEN muscles - water exercise provides 12-14 percent more resistance than exercise on land.

Class Descriptions and Intensity Levels

Shallow Water Classes

Join-t Class (Level 1-2): For those with arthritis, fibromyalgia, and other conditions that require range of motion work

Intro to Pool-Pilates (Level 1-2): Non-impact exercise routine that focuses on breathing, core strength, and balance

Advanced Pool-Pilates (Level 1-2): Higher intensity version of the intro class focusing on flexibility and muscle control

Hydro-Fusion (Level 2-4): Continuous exercises to increase strength, coordination, and endurance

Water Walking Plus (Level 3): Faster exercises and combination movements for the advanced water walker

Deep Water Classes (Exercise Belts Provided)

Intervals (Level 3-4): Combination of high-intensity and low-intensity exercises for a fat-burning workout

Power Hour (Level 4-5): Quick, continuous and powerful aerobic movements for a full body workout



Class Locations

Millbrook Exchange Pool - 919-996-4130
1905 Spring Forest Drive, Raleigh, NC 27615

Optimist Pool - 919-996-2790
5902 Whittier Drive, Raleigh, NC 27609

Pullen Aquatics Center - 919-996-6197
410 Ashe Avenue, Raleigh, NC 27606

Passes and Pricing

Class passes can be purchased at any pool. Pre-registration is not required. The eight class pass allows you to attend any eight classes within one year. Classes are subject to change.

Eight Class Pass

Residents: Adults \$40/Seniors \$32
Non-Residents: Adults \$52/Seniors \$44

Single Class Pass

Residents: Adults \$8/Seniors \$6
Non-Residents: Adults \$9/Seniors \$7



Raleigh Aquatics

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