



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

Intensity Scale

Low (level 1-2), Moderate (level 3-4), High (level 5)

Shallow Water Classes

(Water shoes are encouraged for these classes)

Join -T Class (Level 1-2): For those with arthritis, fibromyalgia, and other conditions that require a light cardio and range of motion workout.

Aqua Fit (Level 2-3): This class utilizes choreography that is energizing and easy to follow. It provides a great cardiovascular workout, utilizing the resistance of the water and equipment for muscular strength training and toning.

Hydro - Fusion (Level 2-3): Continuous exercises to increase strength, coordination, and endurance.

Water Walking Plus (Level 3-4): Faster exercises to increase strength, coordination, and endurance.

Deep Water Classes (Exercise Belts Provided)

Intervals (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 Road, 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 / Senior \$6

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





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