

AQUA FITNESS *(in the Pool)*



Mondays, Wednesdays and Fridays 10:30 – 11:15am

What do we do in this class?

Certified Instructors will provide a head to toe workout in shallow water (chest deep). Improve balance, range of motion and cardiovascular fitness with very little impact to the joints.

SENIOR TAI CHI



Thursdays 2:00 – 2:45pm

What do we do in this class?

Instructor Charo leads participants through gentle movements to enhance one's body and spirit. Balance your life, explore harmonizing your spirit and mind. Have a bit of fun in a relaxing atmosphere.

DANCE to the MUSIC



Tuesdays 3:00 – 3:45pm

What do we do in this class?

Instructor Charo instructs and choreographs routines to popular latin songs. No partners are needed for this type of dancing. Come one, come all! Get a workout while learning creative movements and listening to fun music.

GENTLE YOGA



Saturdays 11:15am – 12:00pm

What do we do in this class?

This fun, easy-to-follow, seated and standing movement class emphasizes light toning and stretching and can be done by people of any fitness level. Everyone works at their own pace and all movements can be adapted to suit each participant's comfort.

There is no charge to participate in any of these programs!

Classes are *free* to residents of Ingleside at King Farm

Questions? Please email: info@wetyetwaterfitness.com