



Aqua fitness classes at the Villages of Rockville!

For residents of the Villages of Rockville

Shallow Water Exercise classes

Low impact but energetic water aerobics classes where no swimming skills are needed. These classes are designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Aqua Challenge

Tuesdays 10:30 – 11:15am Classes held in the lap pool
The **Aqua Challenge** class is faster paced and incorporates more cardiovascular movements to get your heart pumping.

Aqua Stretching

Thursdays 10:00 – 10:45am Classes held in the therapy pool
The **Aqua Stretching** class is more on the gentler side and will focus more on stretching and range of motion.

Questions?

Please call Wellness Program manager, Siobhan (*Sha-vahn*) Wyatt at 301-354-8468