

# Adult Water fitness

Houston Parks and Recreation Department

## 2014 Summer Adult Water Fitness Classes



Cool off this summer with **FREE** water fitness classes!  
Water fitness is a great exercise for any age,  
any fitness level and any body type.  
No fee is charged.

All enrollments are filled on a "first-come, first served" basis.  
Register online at [www.houstonparks.org](http://www.houstonparks.org) (click on Aquatics  
Section). Classes are limited to a maximum of 20 participants  
per class at most pool sites. Aqua shoes, towel and a plastic  
bottle of water are recommended.

See reverse for pool locations and descriptions.

<b>Dates:</b>	June 17 – August 8, 2014
<b>Class Days:</b>	Tuesday and Thursday, Wednesday and Friday
<b>Time:</b>	Varies by Site (See reverse)
<b>Information:</b>	(832) 395-7274
<b>Online Registration:</b>	<a href="http://www.houstonparks.org">www.houstonparks.org</a> (click on Aquatics Section)



<b>Pool:</b>	<b>Location:</b>	<b>Day:</b>	<b>Time:</b>	<b>Class:</b>
Agnes Moffitt	10645 Hammerly, 77043	W & F	7:00 – 7:45 pm	Adult Circuit Water Fitness
Emancipation	3018 Dowling, 77004	T & TH	5:00 – 5:50 pm	Adult Circuit Water Fitness
Finnigan	4900 Providence, 77020	S	1:00 – 1:50 pm	Adult Circuit Water Fitness
Hobart Taylor	8100 Kenton, 77028	W & F	7:10 – 8:00 pm	Aqua Zumba
Jud. Robinson Sr.	1422 Ledwicke, 77029	W & F	10:00 – 10:50 am	Adult Circuit Water Fitness
Jud. Robinson Sr.	1422 Ledwicke, 77029	W & F	11:00 – 11:50 am	Youth Water Fitness
MacGregor	5225 Calhoun, 77021	T & TH	9:00 – 10:00 am	Adult Circuit Water Fitness
MacGregor	5225 Calhoun, 77021	W & F	7:10 – 8:00 pm	Aqua Zumba
Mason	541 South 75th, 77023	W & F	5:00 – 5:50 pm	Adult Circuit Water Fitness
Memorial	6402 Arnot, 77007	T & TH	6:30 – 7:30 am	Adult Hydro-Fit Power Training
Sunnyside	3502 Bellfort, 77045	T – F	5:00 – 5:50 pm	Silver Splash
T.C. Jester	4205 T.C. Jester, 77018	T & TH	7:10 – 8:00 p.m.	Adult Aquatic Dance
Tidwell	9720 Spaulding, 77016	T & TH	10:00 – 10:55 am	Adult Circuit Water Fitness
Townwood	3403 Simsbrook, 77051	T - F	7:10 – 8:00 pm	Adult Circuit Water Fitness
Westbury	10605 Mullins, 77096	W & F	6:10 – 7:00 pm	Adult Hydro-Fit Power Training
Westbury	10605 Mullins, 77096	W & F	7:10 – 8:00 pm	Adult Hydro-Fit Power Training
Westbury	10605 Mullins, 77096	T & TH	9:00 – 10:00 am	Aqua Zumba
Windsor Village	14441 Croquet, 77085	T & TH	7:10 – 8:00 pm	Aqua Zumba

## Class Descriptions

### **Adult Circuit Water Fitness:**

A combination of cardio, strength training and flexibility that takes you through a series of stations using effective circuit training principles and the latest aquatic equipment for a total body workout.

### **Youth Water Fitness:**

A water fitness class for youth ages 9 – 17 years old to exercise in the water emphasizing cardiovascular endurance, strength training, balance/core training, and flexibility.

Intensity: light to moderate.

### **Adult Hydro-Fit Power Training:**

An athletic approach to water fitness training with sports-specific drills, intense cardiovascular work, intervals, balance/core training, martial arts, and plyometrics. A great way to improve your cardiovascular conditioning and muscular strength and endurance with minimal stress on your joints. Loud, rocking music is a part of the workout. Also, recommended as a great form of cross training.

Intensity: moderate to hard.

### **Silver Splash:**

A water fitness class for mature adults to gently stretch, flex, tone and socialize in shallow water.

Intensity: light.

### **Aqua Zumba:**

A class that combines high energy and Latin music with movement in the water, a combination that helps participants dance away their worries while staying in shape.

### **Adult Aquatic Dance:**

A combination of cardio, strength training and flexibility using dance technique and rhythm to evoke creativity and focus.

Intensity: low to moderate.