



SPORTS COMPLEX

Pilates by the Pool

Personal Instructor
JUDY ELIAS, CPT

Classes are every Tuesday
at 8:30 am, beginning May 30

Open to all members
(bring a friend)

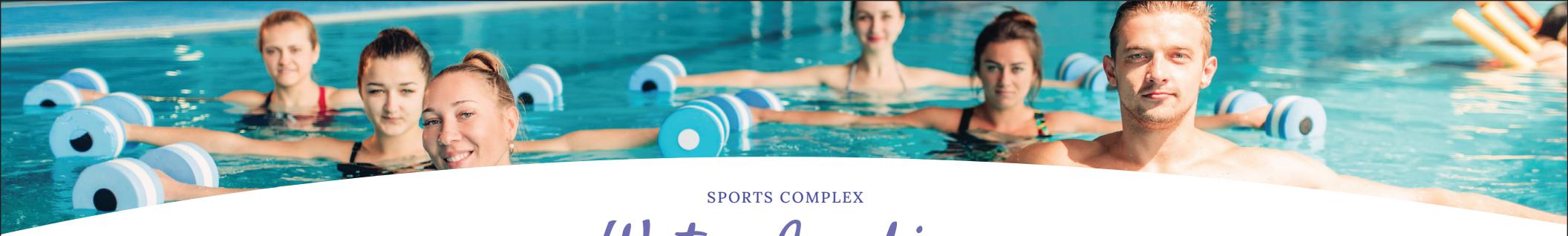
pilatesbodyj@gmail.com

\$10.00 per class,
paid directly to Instructor

Bring a yoga mat and water

The Pilates method of body conditioning is a unique system of exercises that work the entire body. You will flatten your abs, strengthen your core muscles, increase flexibility, firm your glutes and thighs, and improve your posture. This one-hour workout will leave you feeling energized, lengthened and strengthened!

Please Note: It's always good to check in with your doctor before undertaking a new exercise regimen.



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Water Aerobics

Regular participation in water aerobics or water exercise classes can help improve heart health and cardiovascular strength. The water's pressure acts as your friend in the pool and helps circulate the blood in your body more efficiently. Plus, the resistance of water helps tone muscles and build strength.

Exercising in water requires more effort than the same exercise on land. The extra resistance of **walking in water allows you to challenge and strengthen your muscles** in ways you may not be able to with a land-based routine. It also helps you burn more calories!

Water aerobics is excellent for losing weight. It provides a good cardio routine, and, as we all know, cardio is very important for weight loss, while the resistance of water enhances all your weight-loss efforts.

It's also GREAT FUN!!!

Come on. Jump in with us!