

Wes Deist Aquatic Center  
Water Aerobics

149 7th Street Idaho Falls, Idaho 83401 ● 208 612. 8519



**FLEX N' STRETCH** ● A shallow water class to strengthen muscles needed on land for walking. Includes stretches, water-walking, and exercise for isolated muscle groups. Ideal for beginners, those recovering from surgery, or those with conditions such as Arthritis, Parkinson's or Multiple Sclerosis. Class runs 45 – 50 mins.

*Tuesday and Thursday 8:00am*

**AQUA POWER** ● A shallow water, invigorating workout with motivating music to help build cardiovascular and muscular strength. The use of resistance and repetition enhances flexibility, range of motion and endurance. Equipment such as noodles and hand buoys are often incorporated for variety. Class runs 45 – 50 mins.

*Monday, Wednesday & Friday 8:15am*

**DEEP WATER CARDIO** ● This innovative workout improves your flexibility, endurance and cardiovascular fitness. A waist floatation device is used, no swimming skills are necessary. Correct postural alignment is emphasized to increase balance and to maximize use of the properties of water. Equipment must be rented or purchased. Class runs 45 – 50 mins.

*Monday, Wednesday, Friday 7:15am & 8:15am*

**HYDRO –FIT** ● A deep water workout that uses buoyancy equipment on ankles and in hands to increase resistance. Its emphasis is on muscle strength, toning, endurance, flexibility and cardiovascular training. Class is limited to 18 on a first come, first serve basis. Equipment must be rented or purchased. Class runs 45 – 50 mins.

*Monday, Wednesday, Friday 6:00am*

*Monday & Wednesday 8:00pm*

**!!NEW!! KICK BOXING** ● Kick Boxing involves a mixture of elevated aerobic workouts with martial arts techniques. In the shallow section of the pool, participants can learn to increase their heart rates and build up their endurance. Class runs 45 — 50mins.

*Monday & Thursdays 8:00pm*

Admission Prices

Single Time:

Adult \$4.50 non-resident \$4.00 resident  
Senior (62+)/Handicap \$3.75 non-resident \$3.25 resident

Admission Punch Cards: 10 punches

Adult \$38 non-resident  
Senior/Handicap \$28.00 non-resident

Memberships

|               | 1-Month | 3-Months | 6-Months | 1-Year |
|---------------|---------|----------|----------|--------|
| Adult         | \$45    | \$118    | \$211    | \$312  |
| Senior/Child  | \$40    | \$105.50 | \$189    | \$280  |
| Couple        | \$78.50 | \$213    | \$312    | \$400  |
| Family        | \$113   | \$245    | \$400    | \$668  |
| Add to Family | \$17.50 | \$23     | \$34     | \$56   |

Equipment is required for Deep Water Cardio & Hydro Fit

1 Time Rental 50¢ 20 Punch Card \$10

**YOUR  
FIRST  
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# Aerobic Equipment

## Resistance Belts

### Gladiator

These lightweight belts allow you more freedom of movement and are constructed of closed-cell PVC foam. Feature strong internal webbing for durability.

S - 26" Belt - 27" to 31" Waist  
 M - 29" Belt - 30" to 34" Waist  
 L - 34" Belt - 35" to 42" Waist  
 XL - 36" Belt - 37" to 44" Waist

Price: \$30.75

### Shape AquaJogger

Ideal for women with wider waistlines or who are pregnant. The Shape is longer on the sides and shorter in the arch to distribute buoyancy evenly.

Price: \$47.00

### Aqua Trim

Shape & secure fit promote max. range of motion & breathing. Provides lumbar support and vertical balance in water.

Sizes: SM (100-160 lbs.),  
 MED (160-220 lbs.),  
 LG (220 + lbs.)

Price: \$23.75

### Water Runner

Patented design floats individual in proper vertical position, relieving stress on the lower back.

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 MED (160-220 lbs.),  
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## Resistance Footwear



**NEW!** Aqua Runners RX Resistance footwear increases cardiovascular workout, strengthens, and tones lower body. Adjusts to width of every foot.

Price: \$30.00

The Aqua Jogger resistance cuffs for ankles and arms. Use them to increase cardiovascular workouts, tone, and strengthen muscles.

Price: \$25.00

## Resistance Bells



Soft foam covered handles reduces white knuckle effect. Closed cell EVA buoys are non-abrasive to skin & fabrics. Won't chip or absorb water.

SOFT (50% resistance - Yel/Teal)  
 MEDIUM (60% resistance - Yel.)  
 MAXIMUM (80% resistance - Blue)

Price: \$24.00

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Price: \$24.00

## Special Combo Pack\*: Resistance Bells and Aqua Cuff Ankle Flotation \$60.00

\*All Hydro-fit Participants must have both Ankle Flotation and Resistance Bells\*



Water Gear's Professional Aqua Cuff adds buoyancy and resistance to aqua-jogging or water aerobics workouts.

One size fits all.  
 Medium—Blue  
 Heavy—Red

Price: \$40.00



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