



Paddle Board Class

Program Director: Tammy McAlister

Assistant Director: Stacey Fivecoat

Program Fees:

\$45/month for 1 class per week

\$60/month for 2 classes per week

\$73/month for 3 classes per week and includes all member benefits (aquatic exercise classes, specialty and land classes, and lap swimming)

Class Descriptions:

HIIT the Wave is a total body workout on water! This 45-minute class alternates high energy exercises with strength and conditioning, in the water utilizing a floating platform. While raising your heart rate, you will be firing core stabilizing muscles that often go unused. This class offers a fun new way to challenge your balance and adds a whole new element to your cross training.

CardioWave offers a fun way to elevate your heart rate, and builds strength from head to toe. The instability of water engages core muscles, firing stabilizers and improves balance. This 45-minute class combines basic yoga elements, cardio and strength exercises to ensure a total body workout.

Requirements:

The classes are conducted in a 6 foot deep pool, on a floating platform. You must be able to swim. Please bring a towel, and wear workout clothes that can get wet. Compression pants, board shorts, or other workout attire is appropriate. Please do not wear a swim suit only, and avoid clothing that will become transparent when wet.

Please arrive 15 minutes early to set up your board. If you are not present 15 minutes prior to class time your board will be made available to walk-in participants.

For more information please contact:

Tammy McAlister

Adult Fitness Program Director

432-684-7755 ext 108