

Benefits of Water Exercise

Working out in water, such as swimming, water aerobics, or water kickboxing has multiple benefits. Water gives you resistance on all sides of your body without the impact of working on land.

Swimming has numerous benefits such as cardio-respiratory conditioning, increases flexibility and endurance and increases muscle tone and strength without straining your heart.

Be sure to enjoy the advantages of our pool including the Aerobic Exercise, Water in Motion, and Water Combat classes.

Check class times in the Classes Brochure
or
www.ForumFitnessCenter.com/schedules