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**FOR ADDITIONAL INFORMATION PLEASE CONTACT:**

**DAN CHRISTIAN, AQUATIC CENTER SUPERVISOR  
517-541-5744**

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Benefits of Water Exercise at the Charlotte Aquatic Center

As many of us look for ways to make good on our New Year's resolution, it is always a good plan to have variety and fun in our exercise plan. While swimming laps at your local pool is a great form of exercise, trying a water exercise class can be a fun alternative to your routine.



When exercising in water, the natural resistance of the water is twelve times greater than movements in air. Water exercise classes at the Charlotte Aquatic Center incorporate water floats, paddles and steps which help contribute to muscle toning and development. All of this leads to a higher metabolic rates and a faster calorie burn. In fact, the average amount of calories burned in an hour of water exercise is between four hundred and five hundred.

Another benefit of water exercise classes is the low impact the workouts will have on your joints and bones. Exercising in water will make you feel ninety percent lighter. This makes the activity ideal for those with arthritis, knee problems, back problems and foot discomfort. Modifications can also be suggested by your instructor to decrease discomfort in joints and muscles while exercising.

Lastly, if you are concerned about complex choreography or not being able to keep up with movements, nobody in the class will see because most movements take place underwater. For more information on water exercise classes please contact the Charlotte Aquatic Center at 541-5740 or visit our website at [registration.swimcharlotte.org](http://registration.swimcharlotte.org).