

5 Benefits of WEX Classes

1. **There's low impact on your joints:** Water gives you buoyancy—i.e., you float! This decreases the impact on your joints, so when you swim or exercise in the water, you have a lower risk of injury.
2. **Water has built-in resistance:** Because you're moving your body through water instead of through air, you're working harder. This resistance is great for building all-around strength and endurance.
3. **You can adjust the resistance:** Depending on your speed, position, or form in the water, the resistance you face is dynamic. For example, the more streamlined your swim stroke, the faster you'll travel with less resistance. If you're jogging or running in water, particularly if it goes higher than your waist, you're getting much more resistance (this is often done if you're training to improve your running speed, strength, and endurance when you're on land).
4. **You can incorporate rest:** You don't have to stop exercising in the water to give your body a rest during a workout. If you're swimming, you can add resting strokes like sidestroke or elementary backstroke for a minute or two (or a lap or two in the pool) until you recover.
5. **It offers support for the whole body:** Not only is exercising in the water low-impact, it's also excellent for support. Bonus: it supports your back! You don't have to worry about the weight of your body on your spine or your posture when you move your body through water. If you're not a swimmer, you can still use the water for gentle exercise: do some walking workouts waist-deep in a swimming pool to take the pressure off your joints and back while still getting movement.

-Taken from the Canadian Chiropractic Association, 2019

Pullman Aquatic & Fitness Center
City of Pullman, Parks, Facilities, & Recreation
500 NW Greyhound Way
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Water Fitness Programs at Pullman Aquatic & Fitness Center



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Let our Aquatic Exercise Association (AEA) Water Fitness Instructors lead you through a challenging workout. The AEA Certified Professional is qualified to teach aquatic fitness to general populations where participants are approved by their physician for independent exercise. Each instructor's unique style offers a program for everyone. While swimming is not required, a comfort level in shallow and deep water is recommended. Water shoes and webbed gloves are encouraged. Gloves are available to purchase at the PAFC. Come check out this great fitness alternative. Come try us out to see if you like what we have to offer. First class is FREE! Daily drop-in passes can be purchased at the front information desk.

Water Exercise (WEX)

Boost your metabolism and build overall fitness through a combination of shallow and deep water exercises using our flotation belts and equipment. Designed for all fitness levels. Exercises are led by the instructor and are able to be modified to fit your individual needs, from range of motion exercise to high intensity!

Warm Water Fitness (WWF)

Our warm water fitness class allows participants to work at their own pace to build core strength and stability in a fun, interactive atmosphere. This is a great opportunity to gently improve your overall fitness, flexibility, and sense of well-being. Enjoy the soothing effects of the 92 degree water, great for arthritis!

AEA Arthritis Foundation Aquatic Program (AFA)

This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component. The classes are led by specifically trained aquatic program leaders. Each session provides a friendly and supportive environment that encourages social interaction. Although the classes are held in the water, swimming skills are not necessary. Join a class today!

The AEA Arthritis Foundation Aquatic Program will help!

- ⇒ Reduce pain/inflammation
- ⇒ Increase social interaction
- ⇒ Improve strength/flexibility
- ⇒ Enhance day to day living

Proven Results!

- ⇒ Less pain
- ⇒ Improved joint function
- ⇒ Increased muscular strength
- ⇒ Overall sense of well-being
- ⇒ Better quality of life



Aquatic Personal Training

Can't make the class time? Do you have specific goals? Are you recovering from injury or accident and want personalized instruction? Arrange a time with one of our AEA certified instructors today. Fill out your PAR-Q and Medical Authorization form and submit with a Personal Training Request Form to aquatic@pullman-wa.gov or at the PAFC! Forms are available online at www.PullmanParksandRec.com under Department downloads or at the PAFC.

- ⇒ Scheduled by appointment
- ⇒ Aquatic Personal Training Sessions may be scheduled in 30 min, 45 min, or 1 hr increments.
- ⇒ 25% discount with Annual Membership.

Par-Q Medical Authorization Form

For all Fitness and Water Exercise participants a Physical Activity Readiness Questionnaire (PAR-Q) and Medical Authorization form are required to be completed to participate. These are available online at www.PullmanParksandRec.com under Department downloads or at the front desk at Pullman Aquatic & Fitness Center.