

Water Fitness Schedule

Mondays, Wednesdays, Fridays

7:30 AM and 11:00 AM

Tuesdays, Thursdays

7:30 AM and 10:30 AM



**For more information, contact
Laura Crumpler - 919-934-1408
laura.crumpler@smithfield-nc.com**

Monday, Wednesday, Friday classes are one (1) hour in length and consist of cardio and toning.

Tuesdays and Thursday classes are one and one-half (1.5) hours in length and consist of walking and cardio. The last 30 minutes is activity-based by moving all parts of your body and having fun, too!

Water supports the body, putting less stress on your joints and muscles.

Working out in water helps build strength.

Fighting against the push of the water activates your muscles.

**Water pressure helps put less strain on the heart
by moving blood around the body.**

The impact of gravity is less in the water allowing a greater range of motion.

And... it's fun! It is not often you can say that about a workout.

