



# Fitness Summer 2023

	Monday (subscribers only)	Tuesday	Wednesday	Thursday	Friday
12.45 / 13.30	AGYM	BELT	AGYM	BELT	AMIX (BELT/AGYM)
18.15 / 19.00		BELT		AMIX	
18.30 / 19.15	AMIX		YOGA		
19.15 / 20.00		PILATES		PILATES	
19.30 / 20.15			AGYM		
AGYM/AMIX	Medium water activities with free exercise or with the use of small equipment				
BELT	High water activities using the floating belt				
PILATES / YOGA	Strengthening of all postural muscles and lengthening of muscle chains				

The advantages and benefits of this physical activity are numerous:

- ◆ a fine and pleasing musculature
- ◆ the training of muscles that are usually underworked and tend to become flabby, such as the abdominals, pectorals or inner thighs
- ◆ an effort that seems light but is actually very effective: you tone your body without pain
- ◆ the relaxing effect, without soreness
- ◆ water and proper activity perform a beneficial massage useful for blood circulation, cellulite dissolution and fat burning
- ◆ since you are lighter in the water, pressures on the back and joints are reduced as much as possible, and thus the risk of injury
- ◆ the total absence of danger in the exercise of this activity

**Water gymnastics can be practiced by everyone**, sedentary or athletic, pregnant women, young people or adults, it offers great benefits and no contraindications, plus **it is not necessary to know how to swim**.

Practiced constantly it transforms and sculpts our body, improving self-esteem and satisfaction.

Water aerobics allows us **to burn a lot of calories while having fun and without excessive effort**: the water on the one hand neutralizes gravity by relieving body weight, and on the other hand offers more support at the ankles and knees.

With **high water exercises** all the muscles of the body are involved by the movement of the water: they work against its resistance. **Belt** is also suitable for those with back problems knees or ankles: joints are not stressed, you work in buoyancy.

Tone your CORE and all your deep muscles: try **Pilates Yoga**, your body will be stronger more toned and more elastic ... and let's end the class with a nice relaxation immersed in our beautiful GREEN.

**CASANOVA**  
*Happy Island*

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