



Fitness Summer 2023

	Monday	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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