

W.O.W.

Work-Out in Water at the Healthplex

Benefits of Water Exercise

Exercising in water provides the opportunity to perform movements that may be difficult out of the water. The buoyancy takes pressure off joints and the skeletal system. The reduction of weight bearing decreases stress on the body, allowing for a gentle way to exercise. The warm water provides a calming effect on the muscles.

The special features in our Vision Aquatics therapeutic pool allow for progressions in the exercise intensity. Stretching and toning exercises and low impact aerobic exercising enables individuals to increase flexibility, improve balance, strengthen muscles and enhance physical fitness.

The Healthplex's new salt water therapy pool is heated for warm water exercise. The pool will handle up to eight participants, so class size is limited to a very small group to allow for specialized instruction. Locker rooms with showers are located adjacent to the pool. There is a parking lot at the lower level of the Healthplex so you can enter close to where the pool is located.

Classes are offered for members and non-members. Sessions will run one month with eight classes per month.

Monthly Cost: Members \$45 • Non-Member \$55
(Pay for a 3-month session and save \$5.00 per month)

W.O.W. Personal Training:

This is personal training sessions but in the water with one of our exercise specialists for 30 or 60-minute sessions. Your program will be individualized to meet your needs whether needing sports specific training, general conditioning or continuation of recovery from an injury or illness. Visit with our membership office to find out a time and package that meets your needs.

Class Description

W.O.W. is a 45 minute class that performs cardiovascular conditioning, muscle strengthening, and flexibility training in the water. The class addresses all major joints and muscles of the body. You will use the water and special resistance devices to increase the intensity of the workout to meet your needs. This class is ideal for beginners, those with arthritis, fibromyalgia, post joint replacement or surgery, and those that need the special feature of the non-weight bearing setting due to chronic pain or joint disease.

Class size is limited.
You must register to participate!



Sam B. Cook

CAPITAL REGION
HEALTHPLEX

University of Missouri Health Care

573-632-5634