

Aquatic Fitness@ Seymour High School Pool  
Spring 2017

Seymour Parks and Recreation will be offering aquatic fitness - Deep Water Exercise beginning March 1<sup>st</sup> 2017 from 6:45 – 7:30p at Seymour High School Pool.

Deep Water Exercise is instructed in the diving well and provides cardiovascular and muscular conditioning components, as well as flexibility (joint range-of-motion). Great cross-training class for distance runners!

- The class is instructed to meet the needs of a wide range of individuals, from beginner to advanced exerciser.
- Classes are designed to improve core strength, joint and muscle health, posture, balance and coordination and cardiovascular functioning.
- Strong focus on health and wellness education – specifically on corrective exercise for individuals with common muscle/joint issues, such as low-back pain (Ergonomic focus)
- Water Fitness belts provided
- Goal setting
- Great music and excellent instruction
- FUN, FUN, FUN!!!



Dr. Kelly Baute

Kelly holds a Ph.D. in Kinesiology with an emphasis in motor control and learning and functional morphology. Kelly has 20 years' experience in fitness and wellness instruction as well as programming designed to address the functional needs of her participants. Kelly's classes will focus on improving functional performance (the ability to perform daily activities regardless of fitness level) of participants, setting personal goals and having an all-out great time!