



Aqua Fit Revolution by Embody

Hidden Springs Town Association is pleased to offer residents in Hidden Springs and Cartwright Ranch, Aqua-Fit Revolution classes at the Hidden Springs Clubhouse Pool.

Aqua-Fit Revolution classes are a high-energy and powerful water workout designed to push your limits and redefine your fitness goals. Exercises will be modified for all fitness levels. Aqua Fit classes will be offered three days a week at the Clubhouse Pool this year.

Classes will be held on Monday, Wednesday and Friday mornings from 9:00 to 10:00 am and starting June 17th. The cost is \$75.00 per person for the 10-week session.

Melissa is a Boise-based fitness professional, owner of Embody Pilates Yoga & Fitness and an aquatic training specialist with the Aquatic Exercise Association.

“I fell in love with aquatic fitness twenty years ago when I was pregnant with my son. After he was born, I just couldn't stay away. I started teaching five months later, and I never looked back. I am passionate about creating fitness experiences that are purpose driven and enjoyable and I strive to inspire, empower, and educate all students.”

For more information about Melissa, please visit <https://www.embodyboise.com/aqua-fit-revolution-by-embody>.

In order to hold the class, a minimum of 20 residents (Class maximum is 30) must be signed up and the class fee paid by June 12th. Please make checks payable to HSTA and drop them off at the Town Office. If we do not get enough participants, payment will be returned to you.

If there is community interest, we will add deep water fitness at the South Meadow Pool in the mornings starting in August after Swim Club is finished for the season. Watch for more information later this summer!

What to expect in an Aqua Fit Revolution class:

1. Each class is designed to give YOU a full body workout, including cardiovascular training, strength, and core. NO swimming skills are required.
2. Melissa teaches using the block method. This simply means that each block works on time and has a different focus to ensure a full-body, results-driven workout. Everyone is given the same amount of



time to work with, yet there is no requirement to perform a movement to the music or in sync with anyone else. You will be invited to work at a pace that *works for you*.

3. Some classes will use equipment, while others will not. We will utilize a variety of equipment including buoyant, drag & rubberized. All equipment will be provided to you at the pool. If you have equipment you would like to use, please visit with Melissa to review when you will need to bring it.

Benefits of working in the water:

- Improved muscle recruitment. Due to the properties of the water, you are able to effectively work opposing muscle pairs throughout the workout without added equipment & developing lean muscle mass.
- Increased core activation. As the water moves around you, you are required to recruit core muscles to maintain balance & stability.
- The water provides the amount of resistance you demand. The more water you move, the more muscles you recruit, and the more demand you place on your body. Plus, the harder *you* work, the harder your neighbor has to do as well.
- The unique properties of water, create an environment conducive to high-intensity workouts, all while minimizing the risk of injury. (Low impact does NOT MEAN low intensity). And yes you CAN improve bone density through aquatic fitness.
- Speaking of low-impact/high-intensity prepare to challenge your cardiovascular system & improve speed, power & coordination. So regardless of what your activity looks like outside of the pool, you will notice performance improvements.