



Water Works Wonders - Aqua Fitness Classes

The Burdenko Method of Water Therapy is at the cutting edge for engineering sound, healthy physical training for this and future generations.

Water's physical properties make it the optimum environment for fitness & training.

Here's why:

- Water is an 80-90% gravity-free environment. Without the effects of gravity, you become light weighted and buoyant, allowing for freedom of movement and increased, pain-free range of motion.
- Water's natural viscosity allows movement and strengthening of injured or tired muscles without impact or injury.
- You will exercise with minimum friction and maximum resistance working opposing muscle groups simultaneously
- Injured? Rather than focus on an injured or weak area, full body movement in water normalizes the entire system building strength and support for injured or weaker areas.
- Repetitive and multi-directional movement in water greatly improves your competitive skill and technique in tennis, squash, field sports, golf, netball, rugby, soccer, badminton, etc.
- Water's warmth promotes muscle relaxation and eases arthritic/fibromyalgia pain.
- Exercising in the natural outdoor environment promotes health, well-being and a positive mental attitude.
- People like the *no sweating factor*.
- Everyone can be an athlete in water - especially weight challenged adults and children

Burdenko Water Conditioning is Specifically Beneficial for:

Recovery of Balance after Chemotherapy, a Fall or Surgery
 Co-Ordination for Conditions such as Parkinson's Disease
 Osteoarthritis Arthritis/Fibromyalgia Joint Replacement Surgery
 Bursitis Low Back Pain Scoliosis Sprains & Strains
 Cross-Training for Runners and Walkers
 Weight Challenged Teens and Adults
 Expecting Moms (Get Off Your Feet) Seniors

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