

Aquacardio by Lilly Hart is a water exercise class that is similar to a high intensity interval training class.

Beginning with a warmup in the shallow end progressing to laps wearing flotation belts around the pool running and leaping in the shallow and deep ends.

Ten minutes of toning moves using dumbbell weights specifically designed for the water are very effective for an attractively shaped musculature, followed by 40 seconds of a high intensity cardio combination for the circulatory system are repeated for five repetitions.

High intensity group water games with various equipment such as a volleyball net, basketball hoop and rings to swim through under the water add an element of fun and competition. Relay races using all the classic swim strokes burn a lot of calories and builds endurance and stamina.

Water noodles or weights are used for buoyancy while doing abdominal work in the deep end.

A cool down in the shallow end and stretching using the side of the pool as a supportive barre finishes the class. A relaxing float on the back for three to five minutes completes one of the most efficient, fun and low stress workouts available.

Created by Lilly Hart, a 50 year veteran of dance and fitness instruction and creator of the first Ballet exercise programs and videos, she is a lifelong swimmer, who has used water therapy to rehabilitate from injuries and as an adjunct to her dance exercise programs.

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