



**BRACEBRIDGE**  
The Heart of Muskoka

## Cardio Aquafit

Get fit in the water without straining your joints.

The effort you put in will equal the outcome.

Remember with any class: fatigue is good; pain is bad, so do what you can without pain.

Equipment: water bottle and shoes if preferred

Time	Movement	Tips
1 min	Walk forward 4 steps and jog backwards 4 steps	Posture check
1 min	Side step 2 to the right then to the left	See how quickly you can get to each side
1 min	Grapevine	Side, front, side behind and repeat!
1 min	Rocking horse forward 4 counts and jog backward to original position	Shoulders back
1 min	Side rock 4 times then 4 frog jumps-repeat	AS you side rock look down that arm
1 min	Side rock 4 times then side kick-repeat	Try to get that side kick as high as you can
1 min	Side rock 4 times then tuck- repeat	Keep those shoulders back
1 min	Jumping jax 2 times then side kick to the side- repeat	Make sure you come back to center
1 min	Jax to the front, to the side, to the back, to the side then back to the front	If you have vertigo, please do not rotate around
1 min	Jax then dolphin kick to the front	Get those feet up as high as you can
1 min	Jax and 4 ankle touches to the front	Shoulders back
1 min	2 jax then 4 suspended ski	Remember tuck then stretch it out
1 min	3 kicks back then 3 kicks forward	Use as much force as you can to get through that water
1 min	3 kicks back and 4 jogs forward	Jog forward as fast as you can
1 min	Kick front, kick back and jax	Push through that water
1 min	4 Dolphin kick backward and 4 jog forward	Try to get a quick transition from dolphin kick to jog
1 min	Jump up and suspended jog around in a circle	Make sure you do both sides
1 min	Frog jump with a straight leg then frog jump with a bent leg	Shoulders back
1 min	Ski and cross arms in front	Thumbs up
1 min	Tree pose sweep knee back and forth	Get that foot up as high as you can.
1 min	Clap and slice hands behind body and jog backward	Remember thumbs up first.