

Aqua Cycle with CALA.

Experience the outstanding benefits of aquatic exercise training by cycling in water on a stainless steel bike. These bikes are easy to maneuver into and out of the pool. These bikes are designed for athletes, recreational cyclists, aquatic rehabilitation clients and people new to fitness. This activity has the potential to inspire and meet the needs of a wide array of participants. Offering interval training rides will elevate interest and motivation, add variety to existing programming and provide a safe environment in which to cycle.



Key Benefits of Aqua Spin:

- The buoyancy of the water makes aqua cycling joint friendly and provides unique core stabilization opportunities while riding
- Workload intensity is completely effort dependent and is determined by the fitness capabilities of every rider. The faster you cycle the more resistance you encounter, therefore, a different sensation of work is experienced in water compared to a weighted fly wheel in indoor cycling
- The addition of arm work in the water increases workout intensity and variety of movements which challenges coordination and maintains mental focus while cycling
- Turbulence challenges posture and balance providing outstanding core training
- The hydrostatic pressure experienced in water assists venous return to the heart and helps reduce any swelling of injured joints
- The thermal conductivity of water wicks heat away from the body providing a refreshing yet vigorous cycling experience
- Clients (with the assistance of the instructor, if necessary) work in pairs for the safe entry and exit of all bikes which are then stored on deck along the pool wall
- A typical Aqua Spin session begins with longer aerobic intervals for adequate physical and mental warm up, then proceeds to shorter more intense intervals to maximize performance during anaerobic intervals.
- With consistent Aqua Spin, the body will adapt to training demands and performance will increase over time. Adaptations' are usually noticeable within eight sessions
- People looking for an easy ride to get back into fitness, will find Aqua Spin to be a wonderful entry level activity
- Outstanding core stabilization opportunity due to buoyancy and turbulence
- Cycling speed determines intensity and is impacted exponentially by resistance
- Reduced injury due to hydrostatic pressure, buoyancy and turbulence
- Overheating eliminated by thermal conductivity of the water
- Water offers differentiation for all fitness levels allowing for a multi leveled class
- An excellent method of cross training.
- Recommended with swim suit is a pair of shorts and water walking shoes.
- After class enjoy a soak in the hot tub and chat with other participants.