

The Works

Aqualates

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Q: Is this real Pilates?

A. Yes, this is real Pilates, simply adapted to the aquatic environment. The manuals we use to create the class are *Peyow™ Aqua Pilates*, *YMCA Pilates Instructor Manual*, and *Osteopilates*.

Q. Who can do Aqualates?

A. Just about anybody. The aquatic environment supports your stability and cushions you if you fall, but through the physical properties of water, it challenges your muscles. Modifications and progressions are provided.

People who have arthritis, osteoporosis, back, hip, and joint issues can successfully do Aqualates, but just like other Works aquatic fitness programs, Aqualates is NOT water therapy. You have the responsibility of monitoring how your body is feeling, moving safely, and getting a doctor's clearance if necessary.

Q. What are the benefits of Pilates and Aqualates?

A. "Pilates has a long list of benefits including improved body mechanics, balance, coordination, strength and flexibility," said Dr. Cedric X. Bryant, chief exercise physiologist for ACE {American Council of Exercise}. "While the ACE study shows that a Pilates session burns a relatively small amount of calories, it is still a valuable addition to any exercise routine offering the essential elements of building a strong core and increasing flexibility." --www.acefitness.org/getfit/PilatesStudy2006.pdf.

Aqualates adds the benefits of stability, cushioning, and greater resistance from a water environment. Plus reduction of weight-bearing forces on joints.

Q. How is Aqualates different from other Works water classes?

A. Aqualates is a systemic mind-body program. Enough cardio to stay warm but not



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elevate your heart rate too much. Strengthening your whole body rather than just one set of muscles at a time. Using imagery and breath control to coordinate your movements. The result is gentle, all over body toning, core strengthening, and general relaxation. Basically all core, all the time, aiming for mastery of a set of progressively more challenging movements.

Q. Why is the Works charging for Aqualates?

A. Aqualates is a class where you learn stuff. Don't worry--no tests! The information is progressive; it builds from one time to the next. You need to be at most of the classes to learn how to do Aqualates correctly. There are handouts each week and a laminated card at the end. The fee holds your place in the class, increases your commitment, and pays for supplies and additional instructor training.

Q. When does this session of Aqualates run? How much does it cost?

A. It starts Wednesday, September 8, and runs six weeks until October 13. It costs only \$96 for members, \$124 for non-members.

Q. Do I have to pay for equipment?

A. No, Aqualates uses equipment the Works already has, such as barbells, noodles, and occasionally belts.

Q. Will the Lap Pool be too cold?

A. Aqualates can be performed in water 82 - 86°. We do a warm-up, a main set consisting of Pilates exercises and moving drills, and a warm-down & stretch at the end. If you think you will be cold, you may want to purchase a swim shirt through Vaquawear.com (about \$26 + S&H) or an aquashirt through H2Owear.com (about \$42 + S&H).

Q. Can I lose weight doing Aqualates?

A. Maybe. Adding extra physical exertion always burns more calories. And lean muscles burn more fat. But maybe not. You are more likely to see lost inches through toned, stronger muscles. At the very least you should see better posture, better range of motion, and more mind-body awareness.

Q. How do I sign up?

A. Space is strictly limited to 10 people. So go to the front desk and sign up today!

