



# Fitness Summer 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
12.45 pm to 1.30 pm		AGYM	BELT	AGYM	BELT
6.15 pm to 7.00 pm	BELT		AGYM	PILATES / YOGA	
7.15 pm to 8.00 pm	PILATES / YOGA		PILATES / YOGA	AGYM	
	AGYM	Medium water activities with free exercise or with the use of small equipment			
	BELT	High water activities using the floating belt			
	PILATES / YOGA	Strengthening of all postural muscles and lengthening of muscle chains			

The advantages and benefits of this physical activity are numerous:

- ◆ a fine and pleasing musculature
- ◆ the training of muscles that are usually underworked and tend to become flabby, such as the abdominals, pectorals or inner thighs
- ◆ an effort that seems light but is actually very effective: you tone your body without pain
- ◆ the relaxing effect, without soreness
- ◆ water and proper activity perform a beneficial massage useful for blood circulation, cellulite dissolution and fat burning
- ◆ since you are lighter in the water, pressures on the back and joints are reduced as much as possible, and thus the risk of injury
- ◆ the total absence of danger in the exercise of this activity

**Water gymnastics can be practiced by everyone**, sedentary or athletic, pregnant women, young people or adults, it offers great benefits and no contraindications, plus **it is not necessary to know how to swim**.

Practiced constantly it transforms and sculpts our body, improving self-esteem and satisfaction.

Water aerobics allows us **to burn a lot of calories while having fun and without excessive effort**: the water on the one hand neutralizes gravity by relieving body weight, and on the other hand offers more support at the ankles and knees.

With **high water exercises** all the muscles of the body are involved by the movement of the water: they work against its resistance. **Belt** is also suitable for those with back problems knees or ankles: joints are not stressed, you work in buoyancy.

Tone your CORE and all your deep muscles: try **Pilates Yoga**, your body will be stronger more toned and more elastic ... and let's end the class with a nice relaxation immersed in our beautiful GREEN.

CASANOVA  
Happy Island

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