



Water World: Aquatic Water classes can be fun in the sun too

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Often times we think of water classes as an effective or therapeutic exercise to strengthen muscles, increase range of motion and decrease joint impact. This is true. But, are there water aerobics that are just based upon fun and moving to the music? Yes, this is what happens when water exercise is incorporated at the beach. The results are a worldwide phenomenon of fun in the sun spiced with international flavor.

Whether the class is in the ocean or at the pool, these classes put the “play” back into water exercise for an active, social atmosphere. So whether you are thinking of a new place to vacation or want to know what is going on in the world, check out these resorts and spas for a hint of global pleasure.

Viva Wyndham Dominicus Beach

Bayahibe | La Romana, Dominican Republic

www.wyndham.com/hotels/PUJDB

This tropical, all-inclusive resort screams paradise. Exotic flowers and lush trees surround the white-sand, crystal clear ocean. Ever wanted to do water aerobics with the fish? This is your chance! Located in hip to chest deep water starts several strands of coral reef; therefore, free snorkeling, but swimming with the fish just several feet from shore. The activities team holds daily water aerobic classes that move to international beats in the ocean. However, this class is not focused on calorie-burn, but moving with your foreign friends in the water. From partner exercises to group circle activities this class is geared toward all ages and fitness levels. There is one catch: the class maybe spoken in Italian or Spanish, but with 100+ people participating it is extremely easy to stay on task. Just remember, it’s not the language that brings people together, but the smiles from participants in one of the most beautiful beaches in the Dominican.

Moon Palace Golf & Spa Resort

Cancun, Mexico

www.palaceresorts.com/moonpalace

Moon Palace is another all-inclusive resort located 10 minutes from the Cancun Airport. Also, the resort is located off the main strip in Cancun, which allows for a more peaceful than partying atmosphere. You cannot escape water at this resort. From a Jacuzzi in the hotel room to a gigantic, meandering pool to the ocean shore you are immersed in a grand H2O experience. The daily water aerobic class was addicting. The choreographed moves to their specialty song moved hips and waved arms high in the air with smiles and laughs. The class is a hit amongst aquatic lovers and held at the main area of the pool. After a fun

dance and a sweat, water goer's fuel their bodies at the poolside snack shop or quench their thirst at any of the six pool bars.

The Sanctuary Thailand

Haad Tien Beach, Thailand

www.thesanctuarythailand.com

Are you around people all the time? Looking for solitude? Or something different? The Sanctuary Thailand is your place for a reclusive experience. Located at Haad Tien Beach in Koh Phangnan, the only way to access The Sanctuary is through the traditional Thai taxi boat from Haad Rin Town. This alternative resort and spa offers detox and wellness programs to rid toxins while sipping on some seaweed soup or wheatgrass. Not into that? No worries. The Sanctuary features an extensive menu of highly delicious vegetarian and seafood menu that pleases international palates'. There are formalized activities, and water options in the surrounding areas. The small beach at The Sanctuary provides a pronounced solo-water class. There is a small floating dock to swim and sunbath, but this is the area to practice your deep-water skills. From treading water to floating jumping jacks, I remember being one in and with the water and enjoying my workout in nature without losing voice.

Beyond water fitness, these resorts offer other fitness opportunities which includes but not limited to yoga, aerobics, recreational activities, workout facilities or tennis. Staying active on land or water in a beautiful setting is physically and mentally gratifying and relaxing. To learn if a resort or spa offers water or land fitness programs, check out the activities page of that resort's website.

Interested in teaching at a resort or spa abroad? Check out Fit Bodies Inc., which offers fitness instructors to teach fitness in the Caribbean and Mexico. Opportunities may exist in instructing water fitness, but the majority of classes are land fitness. Whether you are traveling for vacation or work, meeting people from around the world and staying active together will reward you with lifetime friends and memories.

Bio:

Elizabeth Kovar M.A. is the fitness coordinator for the City of Lynnwood Recreation Center. She has international fitness experience and is a freelance fitness and travel writer. In addition, she has taught a variety of fitness and therapeutic aquatic classes for youth, adult, seniors and the disabled.

