



WATER AEROBICS

Pioneer RV Park

Phoenix, AZ

- 1. LIVEN THE FACES**
- 2. HEAD FROM SIDE TO SIDE**
- 3. SHOULDER ROLLS**
- 4. CRADLE**
- 5. FIGURE EIGHT WITH EACH ARM**
- 6. FIGURE EIGHT IN FRONT**
- 7. WRISTS -- SMALL CIRCLES, BIG CIRCLES**
- 8. DOWN SIDES, THEN DOWN THE BACK**
- 9. SHOULDERS BACK**
- 10. ELBOWS IN**
- 11. ARMS UP AND BEHIND THE NECK**
- 12. HOLD HANDS BEHIND YOUR BACK**
- 13. SHOULDER STRETCH**
- 14. SWING ARM ACROSS THE FRONT**
- 15. ARM UP AND OVER**
- 16. HULA**
- 17. AGITATION**
- 18. PICK ORANGES, LEMONS OR GRAPEFRUIT**
- 19. RIGHT KNEE STRETCH--LEFT KNEE STRETCH**
- 20. TOES AND HEELS**
- 21. MAKE FISTS**
- 22. PULL FINGERS AND WRISTS**
- 23. STOMACH -- PULL, THEN PUSH WITH HANDS LOCKED**
- 24. CROSS COUNTRY SKI**
- 25. SKI DOWN THE SLOPE**
- 26. JUMPING JACKS**
- 27. TURBULENCE**
- 27. SIDE TO SIDE**
- 28. ROCK**
- 29. TOUCH OPPOSITE TOE IN FRONT**
- 30. TOUCH OPPOSITE HEEL IN THE BACK**
- 31. TOUCH YOUR TOES (OUT - IN)**
- 32. REACH OUT, TAKE A HIGH, TURN**
- 33. JOG, JAW, AND GOSSIP (FIVE MINUTES)**

TO THE WALLS

- 1. FIGURE EIGHT, RIGHT LEG**
- 2. RIGHT LEG BEHIND; SWING AROUND IN FRONT**
- 3. FIGURE EIGHT, LEFT LEG**
- 4. LEFT LEG BEHIND; SWING AROUND IN FRONT**
- 5. RIGHT LEG -- POINT TOE & FLEX ANKLE**
TURN THE ANKLE
TURN THE LEG
LEFT LEG -- POINT TOE & FLEX ANKLE
TURN THE ANKLE
TURN THE LEG
- 6. FRONT DOWN; SIDE DOWN, BACK DOWN**
- 7. WALL TOE -- WALL HIP**
- 8. STRETCH SIDE TO SIDE**
- 9. ARMS LENGTH FROM WALL; LEAN IN AND OUT**
- 10. KNEES APART ON FOUR; UP ON FOUR**
- 11. LEG STRETCH -- POINT TOE -- BACK**
- 12. BICYCLE**
- 13. SCISSORS**
- 14. FRUSTRATIONS**

BOTTLES



- 1. DOWN AND OUT**
- 2. IN AND OUT OF THE WATER**
- 3. PUSH UPS AND THEN SIDE TO SIDE UNDERWATER**
- 4. PUSH BOTTLE DOWN EACH SIDE**
- 5. THROUGH THE WATER FROM FRONT, THEN FROM BACK**
- 6. EACH ARM: OVERHEAD, SIDE, FRONT, ACROSS**
- 7. OVER THE HEAD WITH BOTH ARMS**
- 8. LEG KICK**
- 9. COME IN HOWLING**

