



AQUATIC AEROBIC CLASS

Harrah's Resort has a group aquatic activity scheduled Monday through Friday for hotel guests. Our instructors choreograph routines to involve each muscle group. Our Salt water pool provides a gentle and effective support that helps with balance and joint stress allowing greater mobility in ways some just can't on land. Those with balance problems or difficulty getting coordinated with traditional workout moves may find the support of water is just the thing. For pregnant women, water provides buoyancy and may provide relief from the stress and strain of pregnancy on the body. Our 82 degree water temperature is welcomed from those with painful disorders such as arthritis. Water offers greater resistance than air causing your muscles to work harder for even simple movements. This muscle contraction increases muscle strength and endurance, and helps with toning and an increase in calories burned per minute.

SCHEDULE

Monday: 9am – 10am

Tuesday: 3pm – 4pm

Wednesday: 9am – 10am

Thursday: 9am - 10am

Friday: 9am – 10am