

# water world

Just in time for summer, fitness classes—from kickboxing to Pilates—are heading for the pool.

**TAKE THE PLUNGE**  
LEAVE LAND BEHIND  
AND EXPERIENCE  
THE BENEFITS OF  
AQUA WORKOUTS.



**W**ater workouts once conjured images of bathing-capped seniors wading through aqua-robics, but now a dizzying array of decidedly modern pool classes is attracting a younger, fitness-savvy crowd. Yoga, Tai Chi, kickboxing—if you can do it on land, apparently you can do it in the water.

At New York's Upper East Side Sports Club/LA, swimmers work their core in Poolates. "It's no-impact and low-injury," says instructor Tina Orloff, adding that "it's extremely challenging because of the water's buoyancy and resistance." The club's roster of classes, in cities nationwide, also includes Splash Aqua Abs and Splash Box, with the pool as your ring. At Equinox and the elite Houstonian Club in Texas, among other gyms, yogis float to hold the corpse pose. Can't fully commit to water? Try Crunch Fitness's Aqua Cross, a wet/dry program that has people splashing through pool cardio and then scrambling onto the deck for sculpting. Orloff says people are reluctant to step off their treadmills and slip into a bathing suit. "But once they do, they're hooked."—**JANCEE DUNN**