

Circulatory system - the body's circulation benefits greatly from aquatic exercise due to the increased muscle contraction and aerobic activity. As a result, the heart works more effectively.

Cardiorespiratory system - aerobic capacity benefits from aquatic exercise due to increased lung capacity with deeper ventilations. Vigorous aquatic exercise also increases blood supply to muscles and enhances the efficiency of the cardiovascular system.

Musculoskeletal system - muscles and bones benefit from aquatic exercise due to improved flexibility and improved muscle strength and endurance.

Skeletal system benefits from aquatic exercise due to research that shows aquatic exercise can help in bone calcium intake, resulting in the ability to help maintain stronger bones.

Flexibility - range of motion benefits from aquatic exercise because the effects of gravity are lessened and the natural water movement encourages relaxation of muscles. Joints move through a wider range of motion and achieve long-term flexibility.

Decreased heart rate - heart rate can be reduced as much as 17 bpm in the water compared to land.

Less next day soreness - the increased hydrostatic pressure of the water helps take the lactic acid out of the cells and delivers it to the liver more efficiently, so the exercised muscles do not feel as sore.

Low impact - aquatic exercise decreases compression of body joints such as ankles, knees, hips, and spine. It helps to decrease pain associated with movement and is a safer environment to work on balance problems.

Whole body or specific areas exercising in water allows for exercise of the whole body, or just an injured area.

Psychological well-being - exercising in water promotes relaxation, reduces potential for overheating that leads to excessive sweating, allows for a certain level of modesty and discretion among participants, and can easily be done in a group setting.

Efficient workout - aquatic exercise offers a stress-free mode of hitting all major muscle groups, not to mention the cardiovascular and respiratory systems, in one workout making it the perfect exercise for people of all ages and abilities.

Maximum flexibility - the water environment invites all age groups, fitness levels, and skill levels. It affords an instructor enough flexibility to teach a wide variety of classes from water yoga to intense athletic training, from stretching and relaxation classes to muscular training formats.