

Marla Voight

Hello! My name is Marla Voight. I have enjoyed teaching aquatic fitness since 1987. I am certified through the Aquatic Exercise Association and Arthritis Foundation, a member of AEA and IDEA. I am passionate about educating others regarding the benefits of Aquatic Fitness.

I have been teaching for 32 years. Often there is a stigma attached to water aerobics, that it's for the sick and weak, but I guarantee you that it is not. After my second child was born I took a class and thought "I think I can do this." I didn't feel like I had worked out until I got out of the pool. Gravity took hold of me and I knew that I had gotten a great workout. My classes can challenge all muscle fitness groups. I also teach classes that can be very arthritis friendly. These classes incorporate ways to work on balance, endurance, and flexibility. For these classes I choose daily living exercises that are very low impact.

I would like to challenge people of all fitness levels to come out to an Aqua fitness class and check it out for yourself!