Join us in the pool for a great workout. Participants will enjoy a variety of
aqua exercises designed to increase cardiovascular endurance. At times,
additional equipment, such as water buoys, will be utilized.

Dates:  Monday through Thursday
        August 27 - Dec. 6
        Class will not meet on University
        breaks or holidays

Time:      5:30-6:15pm
Location:  Reid Gym Pool
Cost:      $60.00

Registration is on-going (Students who do not pre-register or register on
the first class night must present a paid receipt to the lifeguard to be
admitted to this class after the first class meeting)

Benefits of water aerobics included allowing a person to exercise every
muscle and every joint in the body all at the same time. Also, water
aerobics are cooler because the water cools off your body the entire time
you are performing your routine. The most important benefit of water
aerobics is that almost anyone, no matter their age, can perform water
aerobics. Because the water causes your body to be buoyant, this causes
less strain and stress on your joints and muscles.