

Aqua Fitness - Fall 09

Summer is almost over and it is time to get back in the pool for Aqua Fitness! Come join us in the pool for a great workout. You will participate in a variety of aqua exercises designed to increase cardiovascular endurance. At times, additional equipment, such as water buoys, will be utilized.

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.

Our Aqua Fitness class will be held in Reid Gym August 31 through December 10 (Monday through Thursday) from 5:30pm to 6:15pm. Class observes all university holidays and breaks.

Plan to arrive approximately 15 minutes prior to the start of class to allow time for changing and showering.

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First Name: _____ MI ____ Last Name _____

Business (optional): _____

Address: _____

City _____ State _____ Zip _____

Phone: _____ Email _____

Registration: \$55.00

Method Check payable to WCU Credit Card Purchase Order

Check if invoice is required for PO

Cardholders Name: _____

Card Number: _____

Expiration Date: _____

To register online visit

<http://learn.wcu.edu>

Or mail completed form

below to: WCU

Continuing Education

138 Camp Bldg.,

Cullowhee, NC 28723

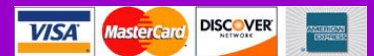
August 31, 2009

Reid Pool

5:30pm to 6:15pm

\$55.00

For directions or a campus map go to:
<http://www.wcu.edu/546.asp>



Pre-registration is required. Cancellation refunds, minus a \$10 processing fee, are available only until 3 business days prior to the class and must be received in writing. All classes, workshops and seminars are subject to minimum enrollments. WCU reserves the right to cancel this offering at any time. In such cases, full refunds will be granted to all participants. Additional registration forms are available at <http://learn.wcu.edu>. For questions, please contact Continuing Education at 828-227-7397 or email: sfouts@email.wcu.edu.