

Water Aerobics

The L.I.F.E. Fitness Program will be offering two 6 week sessions

Session 1: February 6th- March 17th

Session 2: March 27th – May 5th

There will be no Aqua Aerobics classes over Spring Break (3/20-3/24).

Days and Times

Monday, Wednesday, Friday
7:30am-8:20am

Tuesday, Thursday
5:10pm- 6:00pm

Prices (per 6 week session)

\$48.⁰⁰ for 3 classes per week
(18 classes)

\$35.⁰⁰ for 2 classes per week
(12 classes)

Why participate in water aerobics?

- The soothing warmth and buoyancy of warm water make it a safe and ideal environment for relieving arthritis pain and stiffness.
- Immersing in warm water increases body temperature, causing blood vessels to dilate therefore increasing blood circulation.
- Water exercise is a gentle way to exercise joints and muscles.
- Water supports joints to encourage free movement, and can act as resistance to build muscle strength.

Please contact us if you are interested or have any questions.



Email: life@ksu.edu

Phone: 785-532-6765

Natatorium room 1A or room 4



Thank you,
L.I.F.E. Fitness Center