

# Water Aerobics

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

**Session 1:** August 29<sup>th</sup>- October 14<sup>th</sup>

**Session 2:** October 17<sup>th</sup> – December 9<sup>th</sup>

There will be no Aqua Aerobics classes on Labor Day or during Thanksgiving Break.

## Days and Times

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

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

## Prices (per 7 week session)

**\$45.<sup>00</sup> for 3 classes per week**  
**(total of 18 classes)**

**\$30.<sup>00</sup> for 2 classes per week**  
**(total of 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.



Contact us if you are interested or have any questions.

Email: [life@ksu.edu](mailto:life@ksu.edu)

Phone: 785-532-6765

Natatorium room 1A or room 4



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