



Water Aerobics

LSU Alexandria Continuing Education
Non-Credit Courses

AQUACISE

Instructor: Dr. Melissa Parks
Time: 9-9:55 AM

Days: Mon/Wed/Fri
Fee: \$55 monthly

A routine of specially designed exercises which uses the water's natural buoyancy and resistance that may help to improve physical fitness, mental alertness, and emotional health. Exercises are conducted in shallow and/or deep water and are suitable for most levels of physical ability and water orientation. Participants determine their own program intensity. Participants must provide and wear appropriate deck and water shoes.

AQUAFIT

Instructor: Dr. Julie Gill
Time: 2:30-3:25 PM

Days: Tues/Wed/Thurs
Fee: \$55 monthly

Daily workouts include flexibility, aerobic, and strength exercises with focus placed on heart health, conditioning, balance, and coordination. Enjoy the buoyancy and resistance provided by the water to decrease pain and stiffness while increasing healthy behaviors! Proper techniques are taught to ensure safety for all. Participants must provide and wear appropriate deck and water shoes.

A one-time registration fee of \$25 is required for new participants. You must pre-register each month; fees are due by the 25th of the month prior. Classes are held at the LSUA Main Campus pool in the Gymnasium. Find more information online at www.lsua.edu/ce.

LSUA

LSU of ALEXANDRIA

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