



# Water Aerobics

LSU Alexandria Continuing Education  
Non-Credit Classes

## AQUACISE

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

**Days: Mon/Wed/Fri**  
**Fee: \$45 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: \$45 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.

Pre-registration is required. Classes will be held at the LSUA Main Campus pool in the PE Building.

Continuing Education  
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