



Water Aerobics

LSU Alexandria Continuing Education
Non-Credit Courses

AQUACISE

Instructor: Brenda Ray-Perow
Time: 9-9:55 AM

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

A variety of water fitness routines designed to increase cardio endurance and muscular resistance. Using your body and resistance equipment, routines include stretching, toning, flexibility, and muscular strength. These exercises help improve balance and coordination while decreasing stiffness and pain and act as a stress release. This program is adaptable for all levels of physical ability and water orientation. A fun way to get fit or stay fit. 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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