WATER FITNESS

BEAT THE HEAT

with this fun low impact workout to gain all the benefits of cardio and weight training in a nice cool pool!

Benefits:

- Great workout without added stress on the joints
- Fat burning and endurance building
- Reduced risk for injury
- Class is held in a shallow 4ft pool so swimming skills are not necessary
- Enjoy aerobics using water & water weights as resistance
- Increase your metabolism

SESSION 3: AUG 16 - SEPT 15
MONDAYS/WEDNESDAYS 7:30 - 8:30 PM

Price for each session: $30 – Members; $50 – Non Members
LOCATION: RLC Pool (Behind the campus dorms)
WHAT TO BRING TO CLASS: Proper ID, swimsuit and a towel.

Faculty & Staff ➔ Don’t forget about TAMIU’s HRT (Health Release Time) Program of 30 minutes off 3 times a week. Speak with your supervisor and see the HR website under “Forms” and “Leave.”