

AQUA AEROBICS

Looking for a fun and low-impact way to stay fit and healthy? Look no further than water aerobics!



Starts January 20th

**Tuesdays
12:30-1:15pm
Fitness center pool**

This low-impact water aerobics class welcomes adults of all fitness levels. Using the support and resistance of the water, participants improve strength, flexibility, and cardiovascular health while minimizing joint stress. Gentle conditioning and water-familiarity exercises help build confidence in the water, making this an ideal class for beginners or anyone returning to exercise in a supportive, energizing environment.

**GEORGETOWN
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Capitol Campus



For more information, contact Sarah Dorman at sd1504@georgetown.edu

Accommodation requests related to a disability should be made at least 24 hours prior to classes or personal training sessions to Sarah Dorman, Associate Director of Aquatics.