

# Fun & Fitness Fall 2017

## Water Aerobics

Our Water Aerobics classes help build cardiovascular fitness and strength in a low-impact format that is suitable for every age and fitness level.

**Dates:** August 28 – December 15, 2017

**Days:** Monday – Friday

**Times:** 8:30 – 9:30 am

**Cost:** Supersaver \$120.00; Monthly \$40.00 Discounts apply.

Please note that pool is kept at NCAA water temperature standards which is 79-81 degrees F.

**Note:** When registering for Supersaver Water Aerobics, the indoor walking track will be included in the cost. The indoor walking track is available for use Monday through Friday 6:15 am – 12 pm.

**For additional information,** please email [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu) or call 570-674-6289.

**To register,** complete the attached registration form and mail or fax to: Misericordia University, 301 Lake Street, Dallas, PA 18612, Attn: CACE; Fax: 570-674-6232. The form can also be emailed (as a scanned document) to [funfitness@misericordia.edu](mailto:funfitness@misericordia.edu).