



MISERICORDIA
UNIVERSITY

Fun Fitness

Fall 2020
Non-Credit & Special Programs for Life

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.

Fitness packages are also available!

Dates: August 31 – December 18, 2020

Days: Monday through Friday

Time: 8:30 – 9:30 am

Location: Anderson Sports & Health Center

Cost: Semester \$120.00; Monthly \$40.00

To register, email funfitness@misericordia.edu

When registering for the semester for Water Aerobics, the indoor walking track is included in the cost. The track is available Monday through Friday from 6:00 am to 12:00 pm.

ANDERSON POOL INFORMATION

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

Monthly calendars, including OPEN POOL HOURS are posted at the pool and at the Anderson Safety Desk. Information can also be found at www.misericordia.edu/poolhours, or call 570-674-6289.

To inquire about private swim lessons, or for groups of 7 or more planning to attend an open swim, contact the Anderson pool in advance at 570-674-6446.

MISERICORDIA UNIVERSITY DISCOUNTS (Only one discount applies)

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| • MU Alumni | 50% |
| • MU Employee | 50% |
| • Senior Citizen | 30% |
| • Veteran | 30% |
| • Immediate Family | 20% |
- (Of Students & Employees)

Visit us at www.misericordia.edu/funandfitness for all our programs!

The Center for Adult & Continuing Education at Misericordia University