



Water Aerobics

Winter 2019

Spring into Fitness: Awesome workout and great fun with Instructor Lisa Ursino!!



Use the resistance of the water to improve the performance of your heart and lungs, tone your body, improve balance, and reduce fat. Have fun using different types of equipment for added resistance, leading to gains in muscular strength.

Address:

**University of Pittsburgh
Zamias Aquatic Center
450 Schoolhouse Rd.
Johnstown, PA 15904**

Water Aerobics

Session 1: January 7-30

(6 Classes for \$25 or \$5 per Class)
(No Class 1/16 or 1/21)

Session 2: February 4-25

(6 Classes for \$25 or \$5 per Class)
(No Class 2/13 or 2/27)

Session 3: March 4-27

(6 Classes for \$25 or \$5 per Class)
(No class 3/11 or 3/13)

Session 4: April 1-24

(8 Classes for \$30 or \$5 per Class)

**Mondays & Wednesdays
5:20-6:05 PM**

Free for UPJ Students!

www.upj.pitt.edu/Aquatics

**For more information, please call:
814-269-2006**