

# Water AEROBICS

**MWR AQUATICS CENTER**

**NSF  
INDIAN HEAD**

Open to all with  
base access,  
**15 years and older.**

For more information contact  
**Christiann Whalen, Sports  
and Aquatics Coordinator,**  
**(301) 744-4616.**

***Water aerobics is a cool way to shed those  
extra pounds and beat the summer heat!***

Water aerobics or aqua aerobics is a great combination of fun and exercise. The exercise involves various body movements in a rhythmic style. A standard session of water aerobics lasts for about 30 to 45 minutes. This workout program gradually increases from basic steps to high intensity exercises. When it comes to improving cardiovascular health and muscle endurance, water aerobics is a safer alternative to standard aerobics, and it easily surpasses most other kinds of exercises. This workout concentrates on body parts such as limbs, chest, abdomen, neck and back. Because water aerobics is a low impact form of workout, it is especially beneficial for the elderly, and for people with arthritis, osteoporosis, back pain and diabetes.

**RAPIDLY TONE MUSCLES**  **IMPROVE BLOOD CIRCULATION**  **INCREASE FLEXIBILITY**

Register at the Aquatics Center front desk.  
Free for military; \$3 all others.

Water aerobics schedule and  
registration will be available at the  
Aquatics and Fitness Centers.

