

1-23-1991

01/23/1991 - Aquatic exercise class set

University Marketing and Communications

Follow this and additional works at: http://thekeep.eiu.edu/press_releases

Recommended Citation

University Marketing and Communications, "01/23/1991 - Aquatic exercise class set" (1991). *Press Releases*. 549.
http://thekeep.eiu.edu/press_releases/549

This January is brought to you for free and open access by The Keep. It has been accepted for inclusion in Press Releases by an authorized administrator of The Keep. For more information, please contact tabruns@eiu.edu.



EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

ART TATE, Assistant Director, University Relations
Office: (217) 581-5983 - Home: (217) 348-7553

91-26

January 23, 1991

FILE COPY

FOR IMMEDIATE RELEASE:

AQUATIC EXERCISE CLASS SET

CHARLESTON, IL.--Eastern Illinois University's School of Adult and Continuing Education is offering an Aquatic Range of Motion Course beginning Jan. 28. The course will be held at Eastern's Buzzard Pool and meets from 7 to 8 p.m. Mondays and Wednesdays through March 13. The fee is \$32.

The public is invited to enroll in the low-impact, non-aerobic, aquatic exercise class for toning and increased flexibility. This type of exercise is designed to exert less stress on the joints than non-aquatic exercise.

-more-

ADD 1/1/1/1

AQUATIC EXERCISE CLASS

Trish Colbert will teach the course. She is an assistant athletic trainer and instructor at Eastern, who has a background in physical education, aquatic exercise, and has worked with athletes in post-injury aquatic therapy.

For more information, call the School of Adult and Continuing Education at 581-5114.