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01/23/1991 - Aquatic exercise class

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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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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-

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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.