CommonHealth Water Aerobics Class for W&M Employees

There are limited spaces available in an employee water aerobics class offered through CommonHealth, VA’s Employee Wellness program. The class includes aerobic and strengthening exercises in shallow and deep water. Equipment is provided. Participants should be comfortable in deep water, however swimming is not required. The pool water temperature is usually in the low 80s. A modest locker room facility is available in Adair for changing and showers.

Session Dates: January 25- April 26, 2018

When: Tuesdays and Thursdays 5:15 – 6:00 pm

Where: Adair Pool

Session Cost: $60.00 (25 classes) payable to the instructor at class

Who may participate: current W&M employees (adult dependents are also welcome)

Please contact the instructor to register or if you have any questions.
Contact: Instructor - Mary Louise Gerdes marylouise.gerdes@dhrm.virginia.gov