WATER AEROBICS @ OAKWOOD

Classes Start June 1

Monday / Thursday 7-8PM
3 Sessions (June/July/Aug)
Members: $30*
Non-Members: $40*

* Water shoes or socks are recommended.

Taught by Laura Davis

Laura Davis has been in the health and fitness field for over 30 years. During that time she has held certifications from The American Council on Exercise, The Aerobics and Fitness Association of America, The National Dance Exercise Instructors Training Association and The Aquatic Exercise Association. Before retiring, she worked for Springhill Memorial Athletic Club, Springhill Medical Center Rehabilitation, Providence Rehab and Wellness, Mobile Infirmary Pro Health, and Knollwood. Laura has worked as a personal trainer as well as a group instructor for Spinning, Step, Slide, Track, Pilates, Interval and Circuit Training, Cardiac Rehab, Silver Sneakers, and Aquatics. Her background includes dance, gymnastics, cheerleading and running. She currently works part time as an aquatic aerobic instructor,choreographer, drama director and substitute teacher