



Aquatics Schedule

Our aquatics classes are offered in 8-week sessions with one week of free aqua classes between each session.

Session 1: Aug. 25-Oct.17

Session 2: Oct. 27-Dec. 19

Free Classes: October 20-October 24

Monday, Wednesday, Friday

7:30-8:20a Morning Waves

2:30-3:20p Joints in Motion

\$45 for 8-week session

Tuesday, Thursday

7:30-8:20a Morning Waves

5:00-5:50p Evening Aqua

\$30 for 8-week session



LIFE Program Fitness Center



LIFE Program Fitness Center

Kansas State University
Natatorium Room 4
Manhattan, KS 66506

Phone: 785-532-0704
Email: life@ksu.edu
Website: www.ksu.edu/kines

Phone: 785-532-0704
Email: life@ksu.edu
Website: www.ksu.edu/kines

Services & Membership Information

Group Fitness

Facilities

- Cardiovascular Equipment
- 200 Meter Indoor Track
- Indoor Pool for Aqua Aerobics
- Basketball Courts
- Weight Room
- Large Group Fitness Space

Services

- Free Fitness Assessments
- Personal Training
- Exercise Prescription
- Land Aerobics Classes
- Aqua Aerobics Classes

LIFE Hours

Monday-Friday

6:30-8:30a, 11a-2p, 4-8p

Saturday

9a-12p

Sunday

5-8p

Membership Dues

	<u>1 Month</u>	<u>4 Months</u>	<u>1 Year</u>
Single	\$20	\$60	\$160
Family	\$32	\$95	\$230

Locker Rental & Towel Service

4 Months: \$20

1 Year: \$50

