

**CLASS LIMITED TO 30 PARTICIPANTS!**

To register complete this form and mail it  
with your check made payable to:

Fitness with Katie PS

Mail to:

312 Central Ave.

Fredonia, NY 14063

Fitness with Katie PS Registration Form

\*Name \_\_\_\_\_

\*Address \_\_\_\_\_

\*City/State \_\_\_\_\_

\*Zip \_\_\_\_\_

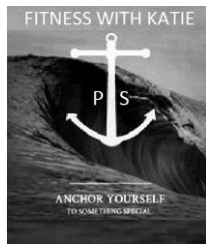
\*Phone \_\_\_\_\_

\*Emergency Phone \_\_\_\_\_

\*Email \_\_\_\_\_

Age \_\_\_\_\_

Birthdate \_\_\_\_\_



\*Required Questions

## Who Is Katie PS?

In her eighteenth year at Fredonia, State University of New York, Katie is currently an Adjunct Professor/Applied Professional Studies teaching Aqua Aerobics, Zumba, and Zumba Sentao. Pucci-Schaefer is also the head Cheerleading Coach under Athletics and Recreation at Fredonia.

Not only does Katie teach at Fredonia, but she also runs her own business, Fitness with Katie PS. Her business now includes Aquatic Fitness classes, Tabata Bootcamp, Zumba, and Zumba Sentao classes. She is an accredited AFAA Group Exercise Instructor.

Katie's mission is to inspire, empower, and make a difference through Health and Wellness :)



### AQUATIC FITNESS

SUNY Fredonia  
College Diving Well



# Aqua

# Aerobics

[www.fitnesswithkatieps.com](http://www.fitnesswithkatieps.com)

(716) 401-9102

[info@fitnesswithkatieps.com](mailto:info@fitnesswithkatieps.com)



- “Water exercise is a GREAT total body workout. The class is never the same twice and it is a very fun way to work out.” Kim
- “Love the workout. I feel like I have gained both strength and endurance. Katie is a great teacher and motivator. Can’t wait for the next semester to start” Dawn W
- “Great workout, Katie makes it really fun! Looking forward to the next session” Carol

#### **Pricing:**

**The cost is \$100 for 20 classes.**

**Monday/Wednesday 6-7pm**

**SUNY Fredonia Diving Well**

**Classes begin Monday January 4**

**Blue Cross Blue Shield Wellness  
Cards Accepted!**

## What do you get from aqua fitness?

- **Endurance training** is the act of exercising to increase the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, and recover from fatigue.
- **Strength (Resistance) training** is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.
- **Abdominal (Core) exercises** are those that affect the abdominal muscles.
- **Oxygen (Lung Capacity)** is essential to the metabolic function of all cells in the body and the lungs are part of a system that delivers oxygen throughout the body.



### Course Description

This course is designed to introduce students to the benefits of aerobics fitness in an aquatic environment.

Since aerobic activities stress cardiovascular fitness, this course will place emphasis on such areas as the cardiovascular system, as well as muscular strength, and endurance. Information concerning fitness goals, training benefits, aerobic techniques, and modifications will be presented throughout the course.



