

# Fitness Classes

**Skills and Drills** – whether you want to swim faster, improve your stroke, or efficiency, stroke drills are the way to make quick gains with your swimming skills. This workshop is designed for swimmers of all abilities from beginners to advanced. All swimmers welcome and no equipment is needed!

**Wednesdays starting June 5th through June 26th from 7-8pm**

**Aqua Yoga** – The sun will warm the water and make it comfortable for some slow and relaxing aqua yoga stretches and poses. We will adapt some land poses to the pool and enjoy the benefits of buoyancy. This is a great way to end your summer day! No equipment needed!

**Wednesdays starting July 10th through July 31st from 7-8pm**

## Instructor

**Terri Mitchell**, BA, PTA, ATRIC, has been involved with aquatic fitness since 1982. She is a Training Specialist with the Aquatic Exercise Association, a Licensed Physical Therapist Assistant (PTA) specializing in aquatic therapy, and instructor of a variety of aquatic fitness classes to persons of all ages and abilities. Terri is on staff at the University of Texas at Austin and enjoys working with young adults in the water. She holds certifications from AEA, ATRI, and IAR. Terri is a Certified Personal Trainer for both land and water. She is co-author of “Applications of PNF Techniques in the Aquatic Setting” manual and co-producer of “PNF in the Pool” video. She is the 2001 recipient of ATRI’s “Dolphin Award”.