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Learn Water Aerobics

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Kathy Lane, aka AQUA KATE has recently released a new DVD/ CD which is the "ultimate teaching guide" for those individuals desiring to learn water aerobics for their own personal fitness improvement or who wish to use her DVD/CD as a teaching tool to help other people. LEARN IT, TEACH IT, and EARN MONEY. Kathy's unique routine based upon years of teaching water aerobics and personally seeing the tremendous improvement in the health, wellbeing and mental attitude of her students of all ages is proof of the forgiving benefits of water aerobics. Her medium to high cardiovascular exercises work on every muscle in the body, including the heart. The weightlessness of the water allows you to move every part of the body. Now others can benefit from this extensive experience for both their personal use or to help others to experience the advantages of water aerobics.

For further information on the DVD/CD, go to her website: www.aquakate.com. The testimonials by her students exemplify the proven results of her unique routine with health and wellness improvement.

Kathy has developed this unique routine from experience in teaching water aerobics at the YMCA and other local swim facilities throughout the Atlanta area.

For more information contact Kathy Lane at (770) 378-1613 or aquakate@bellsouth.net, or go to CONTACT on her website.

[Click HERE for more info...](#)

Be sure to tune in to our TV show, Fridays at noon on Comcast channel 25

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