

Tue, Aug 05, 2008 09:25 AM

**LAND AND LOTS | SHOPPING CENTERS | APARTMENT BUILDINGS**

**JOHNS CREEK HERALD**  
**New DVD highlights water aerobic exercises**  
by Christine Foster write the author

July 30, 2008  
www.northfulton.com

**FORSYTH COUNTY** -- Water aerobics is nothing like Forsyth resident Kathy Lane expected.

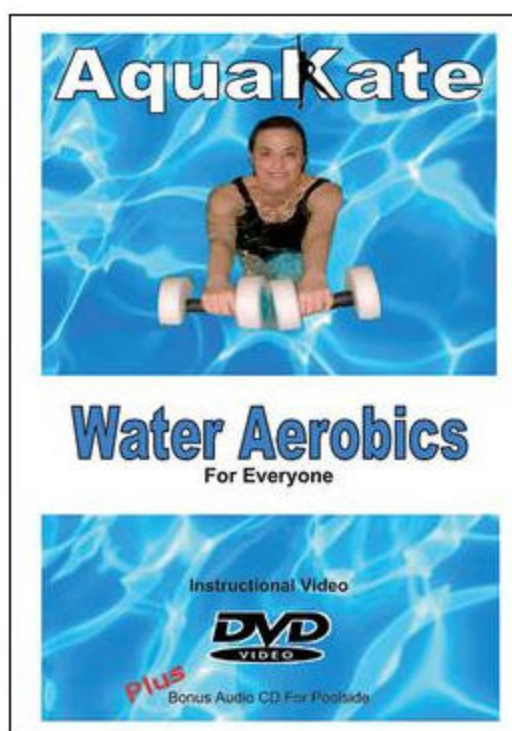
And that's a good thing if you ask her, especially since teaching the low-impact workout is now her job.

Lane has always been active and water aerobics struck her as a little too sedate. A true athlete, she used to play in the highly competitive Atlanta Lawn Tennis Association (ALTA) conference up until she hurt her back eight years ago.

"My neurosurgeon said, 'If you continue to play competitive tennis you will be in a wheelchair,'" said Lane.

The realization panicked her. What should she do now?

Lane laughed at a suggestion to try water aerobics. To her, the workout was just "not fast enough."



(SPECIAL/www.northfulton.com) Forsyth YMCA instructor Kathy Lane, teaches others how to use water aerobic to better their bodies though her newly released DVD. (click for larger version)

'I see a tremendous improvement in the health, wellbeing and mental attitude of my students of all ages because the water is very forgiving. It is very rewarding to me.' **Kathy Lane** a.k.a Aqua Kate

Yet, with little option to do anything else and a friend who would not relent, Lane decided to attend several of the water aerobics classes at Dynamo Swim Club. Slowly, she began to change her mind about the activity.

"You can make water aerobics as slow or as fast as you wish," she said.

After about a month, her aerobic instructor told her she showed talent and should become an instructor on her own.

The irony is not lost on Lane, who has just come out with an instructional DVD on water aerobics.

"That's when it all started," said Lane.

The former assistant to the vice president of Community Health Services at Hunterdon Medical Center in New Jersey had found a new passion; one worth pursuing for both the physical and mental benefits.

Her own class at the YMCA in Cumming is full of people seeking those same advantages.

"I see a tremendous improvement in [the] health, wellbeing and mental attitude of my students of all ages [because] the water is very forgiving," she said. "It is very rewarding to [me]."

She was inspired to share her unique approach to water aerobics with a larger audience via DVD after several Atlanta-area instructors asked for written copies of her routines.

"Other non-instructors have also asked for my routine for their personal use. I have several executives who use my routine every night when they travel," she said.

Lane not only conceptualized the routine, but also researched each move thoroughly and ran them by a physical therapist and a doctor. She loves the payoff of seeing her students go through the workout and the positive influence it has on each of them.

"My only request is, if you cannot do one of the exercises, just keep moving in place," she said.

For more information on Lane, or a copy of the "Water Aerobics for Everyone" DVD, visit [www.aquakate.com](http://www.aquakate.com).

[For related stories click here](#)

[View images](#)

Print | Email Link | Feedback | Digg | Del.icio.us | Facebook | Bookmarks

**TELL US WHAT YOU THINK Submission**

BEFORE YOU POST FEEDBACK PLEASE CONSIDER THE FOLLOWING:

- \* 1. **Keep it clean.** Comments that are obscene, vulgar, lewd or sexually-oriented will get deleted. Repeat offenders will be banned.
  - \* 2. **No threats.** Don't threaten to hurt or kill anyone.
  - \* 3. **Be truthful.** Don't make up lies about anyone or anything.
  - \* 4. **Play nice.** No racism, sexism or any other sort of -ism that is degrading.
  - \* 5. **Help us get it right.** If you find a factual error or typo, email [webmaster@northfulton.com](mailto:webmaster@northfulton.com).
  - \* 6. **By submitting feedback** you acknowledge that it may be printed as a Letter To The Editor.
- \* required value

Title:

\*Body:

\*Name:

\*City:

\*Email:

Submit

ShareThis Appen Newspapers Inc. | 319 N. Main St. | Alpharetta, GA | 30004

**Complimentary Beauty Classes**  
First & Third Wednesday Each Month  
770.993.5394 [www.HairStudio102.com](http://www.HairStudio102.com)

**Hair Studio 102**  
the "place" to color your style...

**More News**

- ACS partners with Junior Achievement in Johns Creek
- Crafters needed for Holiday Bazaar
- Free seminar gives advice on college application
- Gadget Showcase in Johns Creek
- Georgians can shop without paying taxes
- Johns Creek becomes Georgia's first "Heart Ready City"
- Johns Creek gets new wheels for fire department
- Johns Creek launches fall co-ed adult softball league
- Johns Creek receives \$2.8 million check
- Johns Creek's Ivy Falls to hold three, four-story buildings
- Marine shares Iraq experiences
- Northview H.S. inducts new honor society members
- Northview High School Titans hockey teams finish on a roll
- School News

**Article Tools**

- e-mail this article link to a friend
- letter to the editor about this article
- print this article

- RSS Feeds
- Add us on Myspace
- Add us on Del.icio.us
- Follow us on Twitter
- Follow us on Blogger
- what are these?

**FIND YOUR GREEN HOME**  
Click here for the local Real Estate Report

**Search Archives**

Search Text   
Search

**ADVERTISEMENTS**

**Beverage Depot**  
3355 Highway 9, Alpharetta  
770-740-1410

**Cigars**

**In Alpharetta off McFarland**

**FBM OF ATLANTA**  
North  
770-335-1600

**Godwin Automotive**

**Mercedes & Audi Sales & Service**

**Sales & Leasing Available**

**678-474-0646**  
10960 Medlock Bridge Road  
Duluth, GA 30097  
[www.godwinautomotive.com](http://www.godwinautomotive.com)

**BECOME A FOSTER**  
ONE FOSTER = 6 LIVES PER YEAR  
DONATE \$200 = ONE LIFE  
VOLUNTEER PRICELESS

**WWW.LABRADORFRIENDS.COM**

**LOOKING FOR YOUR NEXT DREAM HOME?**

**Get Your Water Belts Now**  
Aquatic Fitness For A Good Life. Retailer of Choice For Swim Gear.  
[www.ShopAquaticFitne](http://www.ShopAquaticFitne)

**Aerobics Classes Near You**  
We list local aerobics classes in one place. Find your class now.  
[www.AerobicsSearch.co](http://www.AerobicsSearch.co)

**Ads by Google**

**Get Your Water Belts Now**  
Aquatic Fitness For A Good Life. Retailer of Choice For Swim Gear.  
[www.ShopAquaticFitne](http://www.ShopAquaticFitne)

**Aerobics Classes Near You**  
We list local aerobics classes in one place. Find your class now.  
[www.AerobicsSearch.co](http://www.AerobicsSearch.co)