

Fitness Pass Classes

Sept 12 - Dec 31, 2016

WATER

updated 08/09/16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
River 5:45am	River 5:45am	River 5:45am	River 5:45am	River 5:45am	River 7:05am	
River 8:00am		River 8:00am		River 8:00am	Deep 8:10am	
Deep 9:15am	Deep 9:15am	Deep 9:15am	Deep 9:15am	Deep 9:15am	SUNDAY	
River 62+ yrs 10:30am	River 62+ yrs 10:30am	River 62+ yrs 10:30am	River 62+ yrs 10:30am	River 62+ yrs 10:30am		Shallow 9:30am
Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm		
Shallow & Deep 7:00pm		Shallow & Deep 7:00pm		Detailed information is available at: 425-670-5732 www.PlayLynnwood.com Pool Closed: Sept 5-11, Nov 24, Dec 24, Dec 25		
Adult Swim Club 8:00pm - 9:30pm	Shallow & Deep 8:30pm	Adult Swim Club 8:00pm - 9:30pm	Shallow & Deep 8:30pm			



Shallow Water Fitness

While training all the major muscle groups against the water's resistance, you will receive a calorie-burning workout. Classes are held in the shallow end of the lap pool.

Deep Water Fitness

Zero joint impact with maximum resistance without touching the bottom of the pool. Exercises are performed with flotation equipment. The focus is on core strength, cardio intensity and full range of motion. Classes are held in the deep end of the lap pool.

River Fitness

Utilize the current of the river for increased resistance. Depth is 3.5 feet, perfect for those looking for a new kind of challenge. Great for cross training and burning calories. These classes are motivating and powerful workouts with body-energizing results.

62+ River Water Fitness

A class time designed especially for those ages 62+. Enjoy the camaraderie and fun these classes offer, while receiving a low impact cardio workout. Join us in the River and walk away feeling energized.

Gentle Fitness

Combining the warmth of the Wellness Pool and gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low-key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

Adult Swim Club

Coached fitness program designed for swimmers looking for quality workouts, individualized technique instruction, and stroke improvement. For fitness or Masters Competition, each swimmer has the opportunity to improve and work towards personal swimming goals. You will need endurance enough to swim 100 yards of crawlstroke comfortably.

Fitness Pass Classes

Nov 14- Dec 31, 2016

LAND

11/2/2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> CENTERGY 5:45am	<small>GROUP</small> POWER 5:45am	<small>GROUP</small> BLAST 5:45am	<small>GROUP</small> POWER 5:45am	<small>GROUP</small> CENTERGY 5:45am	<small>GROUP</small> POWER 7:45am
Enhance Fit 62+ Intermediate 8:45am Advanced 10:00am		Enhance Fit 62+ Intermediate 8:45am Advanced 10:00am		Enhance Fit 62+ Intermediate 8:45am Advanced 10:00am	<small>GROUP</small> fight 9:00am
<small>GROUP</small> POWER 12:15pm	<small>GROUP</small> CENTERGY 12:15pm	<small>GROUP</small> POWER 12:15pm	<small>GROUP</small> BLAST 12:15pm	<small>GROUP</small> POWER 12:15pm	ZUMBA 10:00am
ZUMBA 1:30pm		ZUMBA 1:30pm	<small>GROUP</small> CENTERGY 1:30pm	<small>GROUP</small> fight 1:30pm	SUNDAY
<small>GROUP</small> BLAST 4:15pm					<small>GROUP</small> BLAST 9:30am
PUMP IT UP! 5:30pm	<small>GROUP</small> BLAST 5:30pm	PUMP IT UP! 5:30pm	<small>GROUP</small> fight 5:30pm		<small>GROUP</small> CENTERGY 10:35am
<small>GROUP</small> POWER 6:40pm	ZUMBA 6:40pm	<small>GROUP</small> fight 6:40pm	<small>GROUP</small> POWER 6:40pm	 <p>Detailed information is available at: 425-670-5732 www.PlayLynnwood.com Closed: Nov 24, Dec 24, Dec 25</p>	
<small>GROUP</small> CENTERGY 7:50pm	<small>GROUP</small> fight 7:50pm	<small>GROUP</small> CENTERGY 7:50pm	ZUMBA 7:50pm		

GROUP
POWER

This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment, with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

GROUP
CENTERGY

Redefine yourself with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Take the time to Center Your Energy with Group Centergy.

GROUP
fight

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

GROUP
BLAST

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

PUMP IT UP!

Ready to exercise, but don't know where to start? A circuit style group workout that utilizes the most effective training techniques to help you achieve better core strength, balance, endurance, and a revved up metabolism. Adaptable to most fitness levels.

ZUMBA

ZUMBA® has become one of the fastest growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and bottled water.

Enhance Fitness Classes

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Open to ages 62+ and free to Group Health members. Call 425-670-5050 or stop by the Senior Center for details.