


# Fitness Pass Classes

## Jan 14 - April 7, 2019

# WATER

updated 01/07/2019

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 - 9:00am		River 8:00am - 9:00am		River 8:00am - 9:00am	Deep 8:10am
Deep 9:15am	Deep 9:15am	Deep 9:15am	Deep 9:15am	Deep 9:15am	
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	<b>SUNDAY</b>
Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	
Shallow & Deep 7:00pm		Shallow & Deep 7:00pm		 <p>Detailed information is available at: 425-670-5732   <a href="http://www.PlayLynnwood.com">www.PlayLynnwood.com</a> Pools Closed: Jan 7-13, 2019</p>	
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.