

# Water Fitness Schedule As of June 24, 2024

Please visit our website for a complete list of fees, program descriptions, rules, and other important facility information. Online registration is available and recommended.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8 a.m.	Deep Water (CP) 7-7:45 a.m.	Cardio Yoga (RP) Deep Water (CP) 7-7:45 a.m.	Deep Water (CP) 7-7:45 a.m.	Cardio Yoga (RP)	Deep Water (CP) 7-7:45 a.m.	HIIT (RP) 7:50-8:50 a.m.	
8-9 a.m.	Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.	Shallow Fit (RP) 8-8:50 a.m.		
9-10 a.m.							
11 - noon		River Fit (RP) 11-11:45 a.m.	River Fit (RP) 11-11:45 a.m.	Deep Water (CP) 11-11:45 a.m.	River Fit (RP) 11-11:45 a.m.		
Noon - 1 p.m.	Shallow Fit (RP)	Shallow Fit (RP)	Shallow Fit (RP)	Shallow Fit (RP)	Shallow Fit (RP)		
7 - 8 p.m.	Shallow Fit (RP)		Shallow Fit (RP)				

**CARDIO YOGA - Class is held in the Recreation Pool and is a video-led class (RP)**

This class is a fusion of cardio training followed by aqua yoga moves bringing you added balance, flexibility and strength.

**DEEP WATER - Class is held in the Competition Pool (CP)**

This non-impact deep water class incorporates muscular strengthening for both upper and lower body, aerobics conditioning and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. A great full body workout! Participants should be comfortable in deep water.

**HIGH INTENSITY INTERVAL TRAINING (HIIT) - Class is held in the Recreation Pool (RP)**

Get ready to run, kick, push, pull, and HIIT your way to a greater level of fitness! Woven into this class is the opportunity for fat loss, strength gains, improved agility, cardio conditioning, and fun that interval training is known to deliver. Be challenged to breathe and work harder for short periods of time. You will look and feel better as a result!

**RIVER FIT- Class is held in the Recreation Pool (RP)**

Utilize the current of the river for increased resistance, focusing on cardio conditioning, building endurance, and body strength. Improve your health and wellness, burn calories, and have fun! All ages of fitness levels welcome.

\*Class size is limited to 15 guests. Advanced registration is recommended. Once capacity is reached, the class will be closed to drop-in registration.

**SHALLOW FIT- Class is held in the Recreation Pool (RP)**

Total body shallow water workout! Lose fat, build endurance, build muscle, and have fun!

 [516 Maple Avenue, Snohomish, WA 98290 / 360.568.8030 / www.snohomishaquatic.com](https://www.snohomishaquatic.com)

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