



Water Fitness Schedule Spring Break April 6- April 12

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) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.	Deep Water (CP) 7-7:50 a.m.	Shallow Fit 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.		Shallow Fit (RP)		Shallow Fit (RP)			
11 - noon	Shallow Fit (RP)				Shallow Fit (RP)		
Noon - 1 p.m.		Cardio Yoga (Video Class)		Cardio Yoga (Video Class)			
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.

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**

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