

STAND UP PADDLEBOARD

AT THE SNOHOMISH AQUATIC CENTER

Paddleboard Yoga: Whether you're a beginner or an experienced yogi, the moment you set foot on the board you will realize that practicing on water is a distinctly different experience. Taking your sun salutation out of the studio and onto the board helps you develop a whole new appreciation for the balance and focus required for every pose. Mindfulness just comes naturally here, as your mind and body click into place to welcome this fresh new adventure.

SUP Fit: SUP Fit takes the challenge of balancing on a paddleboard and combines it with bodyweight exercises such as squats and push-ups to create a fun full body workout with scenery far better than any gym. All levels welcome.

Paddleboards are provided by the Snohomish Aquatic Center. Three-month water fitness and 10-session water fitness passes not applicable for this class. Pre-registration required.

To register or learn more, visit us at the Welcome Desk. Registration also available online.



Paddleboard Yoga

January 17 (8–9 p.m.)
February 28 (8–9 p.m.)
March 27 (8–9 p.m.)
April 24 (8–9 p.m.)
May 8 (8–9 p.m.)

SUP Fit

January 24 (8–9 p.m.)
March 6 (8–9 p.m.)
April 17 (8–9 p.m.)

SNOHOMISH
AQUATIC
CENTER

516 Maple Avenue, Snohomish, WA 98290
360.568.8030 / www.snohomishaquatic.com