



# Water Fitness Schedule

## As of September 12, 2022

We offer classes of varying intensity and varying depths of water. We truly have something for everybody, and every unique fitness goal! See the reverse page for detailed class descriptions. Visit us online for information about 10-punch or 3-month Water-Fit passes.

*Please visit us at [www.snohomishaquatic.com](http://www.snohomishaquatic.com) for a complete list of fees, program descriptions, rules and other important facility information.*

**RP = Recreation Pool      CP = Competition Pool**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 – 9 a.m.		Shallow Fit (RP)		Shallow Fit (RP)	
8:30 – 9:30 a.m.	Shallow Fit (RP)		Shallow Fit (RP)		Shallow Fit (RP)
9:30 - 10:30 a.m.		Shallow Fit (RP)		Shallow Fit (RP)	
11 a.m. - Noon	Shallow Fit (RP)		Shallow Fit (RP)		Shallow Fit (RP)
7 – 8 p.m.	HIIT (RP)		HIIT (RP)		

TIME	SATURDAY
7:50 – 8:50 a.m.	HIIT (RP)

### WATER FITNESS CLASS DESCRIPTIONS

#### SHALLOW FIT

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

#### AQUA DANCE FUSION

Join the heart-happy pool party! Boost your energy and shake off anything you don't want any more in this blend of dancing and high intermittent intensity training. More fun than work, you will leave class feeling energized and refreshed!

#### HIGH INTENSITY INTERVAL TRAINING (HIIT)

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!

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator, Title IX Coordinator and ADA – Darryl Pernat, 1601 Avenue D, Snohomish, WA 98290, 360-563-7285, [darryl.pernat@sno.wednet.edu](mailto:darryl.pernat@sno.wednet.edu); Section 504 Coordinator and Harassment, Intimidation and Bullying – Shawn Stevenson, 1601 Avenue D, Snohomish, WA 98290, 360-563-7282, [shawn.stevenson@sno.wednet.edu](mailto:shawn.stevenson@sno.wednet.edu).