# Fitness Pass Classes
April 6 - June 21, 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>River</strong></td>
<td><strong>River</strong></td>
<td><strong>River</strong></td>
<td><strong>River</strong></td>
<td><strong>River</strong></td>
<td><strong>River &amp; Deep</strong></td>
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<tr>
<td>5:45am - 6:45am</td>
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<td>5:45am - 6:45am</td>
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<td>7:45am - 8:45am</td>
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<td><strong>River</strong></td>
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<td>8:00am - 9:00am</td>
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<tr>
<td><strong>Deep</strong></td>
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<td><strong>River 62+ yrs</strong></td>
<td><strong>River 62+ yrs</strong></td>
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<td>10:30am - 11:30am</td>
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<td><strong>Gentle</strong></td>
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<td><strong>Gentle</strong></td>
<td><strong>Gentle</strong></td>
<td><strong>Gentle</strong></td>
<td><strong>Shallow</strong></td>
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<tr>
<td>12:00pm - 1:00pm</td>
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<td>12:00pm - 1:00pm</td>
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<td>12:00pm - 1:00pm</td>
<td>9:30am - 10:30am</td>
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<tr>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>SUNDAY</strong></td>
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<tr>
<td>7:00pm - 8:00pm</td>
<td>7:00pm - 8:00pm</td>
<td>7:00pm - 8:00pm</td>
<td>7:00pm - 8:00pm</td>
<td>7:00pm - 8:00pm</td>
<td>NEW TIME!</td>
</tr>
<tr>
<td><strong>Adult Swim Club</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Adult Swim Club</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
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<td>8:00pm - 9:30pm</td>
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<table>
<thead>
<tr>
<th>Shallow Water Fitness</th>
<th>Deep Water Fitness</th>
<th>River Fitness</th>
<th>62+ River Water Fitness</th>
<th>Gentle Fitness</th>
<th>Adult Swim Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
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</thead>
</table>
| **Enhance Fitness 62+**  
Intermediate 8:30am  
Advanced 9:30am | **Power®**  
6:00am | **Enhance Fitness 62+**  
Intermediate 8:30am  
Advanced 9:30am | **Power®**  
6:00am | **Centergy®**  
6:00am | Zumba  
8:30am |
| **Zumba**  
10:30am | **Zumba**  
10:30am | **Centergy®**  
9:30am | **Power®**  
8:00am | **Power®**  
8:00am |
| **Power®**  
12:15pm | **Power®**  
12:15pm | **Power®**  
12:15pm | **Power®**  
12:15pm | **Kick®**  
9:15am |
| **Pump It Up!**  
5:40pm-6:25pm | **Power®**  
5:40pm | **Power®**  
5:40pm-6:25 | **Power®**  
5:40pm | **Kick®**  
12:15pm | **Centergy®**  
10:20am |
| **Power®**  
6:45pm | **Zumba**  
6:50pm | **Power®**  
6:45pm | **Kick®**  
6:50pm | **Zumba**  
11:30am |
| **Centergy®**  
7:55pm | **Kick®**  
7:55pm | **Zumba**  
7:55pm | **Zumba**  
7:55pm | **Zumba**  
7:55pm |

Details and additional fitness class schedules:
Closed: Monday May 25

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**Redefine your self with Group Centergy®.** Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic traning for balance, mobility, flexibility, and the core. Take the time to Center Your Energy with Group Centergy.

**Kick Some . . . with Group Kick®!** This gripping hour burns a ton of calories and builds total body strength! From the boxing ring to the fighting cage, Group Kick combines cutting-edge moves with thrilling music. This electric experience is addictive! Bring It On with Group Kick!

**Pump it Up!**  
Ready to exercise, but don't know where to start? A circuit style group workout that utilizes the most effective training techniques to help you achieve better core strength, balance, endurance, and a revved up metabolism. Adaptable to most fitness levels.

**Zumba®** has become one of the fastest growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Achieve long-term health benefits, burn calories and body fat, and tone and sculpt your body. ‘Ditch the workout! Join the Party!’ Bring a towel and bottled water.

**Enhance Fitness Classes**  
The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Open to those ages 62+ and are free to Group Health members. Call 425-670-5050 or stop by the Senior Center for details.