

## *City of Lynnwood Water Fitness Classes*

### **General Information**

Aquatic exercise is a great option for everyone. It offers a large variety of workouts to meet many different goals. Classes are popular with patrons and equally enjoyed by instructors. Whether your goals are rehabilitation, calorie burning, or cross training, we hope one of our programs will fit your needs.

For your safety, it is recommended that a healthcare provider be consulted about starting anew fitness regime. Any health conditions should be reviewed by a doctor who can then establish pertinent limits to your workout. This information should be passed onto the instructor who will then tailor your workout as best as possible to meet your needs.

### **Shallow Water Aerobics**

Each 70-minute class takes the body through a cardiovascular workout, muscle strengthening, and stretching. Water decreases impact and increases resistance, making classes safe and effective. Water aerobics is for everyone; swimmer and non-swimmers, and men and women of all fitness levels. Join us for a change of pace, for cross training, or for your general fitness.

### **Deep Water Aerobics**

Similar to Shallow, Deep Water Aerobics offers a full body workout with a balance of strength, endurance, and flexibility elements. As this class is held in deep water, there is no impact. Floatation and resistance equipment are used to maximize efficiency. Participants should be comfortable in deep water prior to trying out this class.

### **Senior Fitness**

An energetic, low impact, shallow water aerobics class just for seniors! A one hour class allows for work on cardiovascular health, range of motion, balance, coordination. Strength, stretching and flexibility. Seniors 62 and older, of any fitness level, are encouraged to come. Movements can be accommodated to meet individual needs.

### **Zero Gravity: Deep Water Run**

Need a quick and effective morning workout? Try this innovative, high intensity deep water workout! Hard work periods are broken up with recovery segments that maximize the effects of exercising with zero impact on the joints. It's designed to give you an aerobic workout while developing your muscle tone and endurance. Excellent for cross training, injury prevention, or injury rehabilitation. Floatation and resistance equipment are used to enhance efficiency. Participants should be comfortable in deep water prior to trying out this class.

### **Therapy Zone**

TZ provides an opportunity for individuals with mobility or physical impairment to use the aquatic environment, which is buoyant and low impact, for exercise. By appointment, individuals can have on-on-one instruction to create exercise plans that will accommodate specific needs and goals.

### **Masters Swimming**

Do you like to swim for exercise? Are you willing to work hard, have fun, and meet new people? This swimming workout, under the direction of a coach, is geared for swimmers who want to swim competitively, train for triathlons, or increase physical fitness. You'll need to have a reasonable level of proficiency in at least two of four competitive strokes. You'll be encouraged to join the Masters Program of US Swimming but competition is not required.