



BALANCE PROGRAM

AQUATIC EXERCISE PROGRAMS

JULIUS BOEHM POOL (ISSAQUAH): 425.837.3350

FIT TO THE CORE - DEEP

A hardcore aerobic workout to improve strength, muscular and cardio endurance, as well as sensory feedback, using the medium of water. Reduce joint compression and the downward pull of gravity while exercising with the extra resistance water provides. Flotation belts are provided. Equipment may be used.

DEEP WATER RUNNING

Experience this intense cross-training program, which combines the resistance of water with running to create a challenging workout in a non-impact environment. Develop speed, power, endurance and toned muscles. Flotation belts are provided. Equipment may be used.

LIQUID INTERVALS - DEEP

If your goal is a leaner, stronger, fitter body, interval training is the answer. Using bursts of energy followed by short recovery periods burns more calories, while enhancing muscle and cardio strength. Flotation belts are provided. Equipment may be used.

ARTHRITIS FOUNDATION - SHALLOW

Low intensity, low impact exercise program designed using slow, gentle motions to relive pain and stiffness. Uses water's buoyancy and resistance to improve joint flexibility.

SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fit to the Core 8 - 9 a.m. Arthritis Foundation 10 - 10:45 a.m.	Liquid Intervals 8 - 8:45 a.m.	Deep Water Running 8:30 - 9:15 a.m. Arthritis Foundation 10 - 10:45 a.m.	Liquid Intervals 8 - 8:45 a.m.	Fit to the Core 8 - 9 a.m. Arthritis Foundation 10 - 10:45 a.m.



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BELLEVUE AQUATIC CENTER: 425.452.4444

AQUAROBICS

Professionally trained instructors will inspire you - promoting muscle tone and vigorous cardiovascular workout. Reduce the risk of injury and impact to your joints. Swimming skills not required, and all fitness levels are welcome. Registration: 425.894.0045 / aquarobics.net

AQUAROBICS WATERMOTION CLASS

Group warm-water therapy for those with arthritis, fibromyalgia, joint replacement, back issues and pre- and post-surgery. Increase strength, flexibility and balance using full range of motion exercises. Get In. Get Fit. Registration: 425.894.0045 / aquarobics.net

DEEP WATER EXERCISE

Deep water aerobics workout that uses an aqua-jogging belt. Instructors provide specific exercise routines.

NURTURING WATER THERAPIES

NWT offers adaptive swim lessons, aquatic exercises and aquatic therapy to people of all ages with health challenges. Registration: 425.429.6706/ NurturingWaterTherapies.org.

NATIONAL MULTIPLE SCLEROSIS SOCIETY

For more information please call 1.800.344.4867 (PRESS OPTION 1)

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