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**Schedule subject to change due to classes and other special programs. Changes and closures will be posted at the pool.**

- NO LAP SWIM LANES AVAILABLE
- LAP SWIM LANES AVAILABLE (ADULTS ONLY)
- ONLY ONE LAP SWIM LANE AVAILABLE
- DROP-IN GROUP FITNESS CLASSES AVAILABLE
### FAMILY GYM

- **Athletics office at 206.464.3074.** Contact Men’s or Women’s fitness for details, pricing, Xcelerate sessions

- **FITNESS ADVANTAGE**
  - **Premium:** All Plus privileges and unlimited Xcelerate sessions

- **Juniors access hours to Men’s & Women’s fitness: Weekdays 2–4:30 pm, 7–10 pm; all day on weekends.

- **Juniors access** is considered 18 and up

- **ADULTS**
  - 11 am–1 pm
  - 5–10 pm

- **FAMILY GYM**
  - 9–11 am
  - 5–8 pm

- **BASKETBALL**
  - 8–10 pm
  - 6–8 pm

- **LEAGUE**
  - 1–5 pm

- **WOMEN’S**
  - 10–11 am

- **Masters**
  - 7:30–8:30 am

- **ADULT BASKETBALL**
  - 7–9 am

### CLASS DESCRIPTIONS

**GROUP CLASSES**

- **AQUA BOOT CAMP**
  - High-intensity, low-to-no-impact workout for athletes and non-athletes alike who want a tough water without aggravating linear, hip and other injury prone joints.

- **BLITZ**
  - Short on time but big on results. These high-efficiency workouts will keep your routine fresh and on target. Instructors will focus 25 minutes on one of our many formats (e.g., strength, plyo, cardio, core, suspension). Try one or stack two classes together.

- **CORE CYCLE**
  - A 45-minute cycle class to get your heart pumping and calories burned, followed by a core workout.

- **DEEP WATER AEROBICS**
  - A water-based workout that includes cardio disciplines, this class offers a safe and challenging swimming experience required.

- **DEEP WATER WORKOUT**
  - Great for cross-training. No impact to joints. Great for core experience required.

- **KETTLE BLAST**
  - Use kettlebells and body-weight exercises to build strength, boost your cardio, and fire up your metabolism.

- **MAX CYCLE**
  - An all-out endurance ride. Experience our newest cycle technology and fitness programming.

- **NITE RIDER**
  - A lively fusion of ballet conditioning, Plates and yoga.

- **PILATES MAT**
  - Strengthen your abdominals, glutes, and lower back muscles as you lengthen and improve alignment, coordination and balance.

- **PILATES FLO**
  - Pilates-inspired movements designed to build core strength and increase flexibility.

- **POWER BARRE**
  - Raise your barre intensity. Focused body-sculpting exercises incorporating conditioning, weights, Pilates, and barre bands.

- **SPRING SWING**
  - Challenge your strength, core stability, and balance from all angles with TRX, RPT Trainer and free-weights.

- **SPRING YOGA**
  - A gentle yoga class with emphasis on lengthenning muscles, breathing, and relaxation.

- **XCELERATE**
  - Advanced strength, agility and conditioning. Drills are timed and recorded. Instructor approved required. Workouts are held in Functional Training Room A (FIT-A) on the 8th Floor. Limit of 10 people per class. $14 with Fitness Advantage. Free with Fitness Advantage Premium. To register, please contact 206.839.4781 or xcelerate@wac.net.