

Water Fitness Program

Let our WEX Instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy, Physiology, Kinesiology, and Exercise Design. We pride ourselves in exceeding national standards. Each instructor's unique style offers a program for everyone. While swimming is not required, a comfort level in shallow and deep water is recommended. Water shoes and webbed gloves are encouraged. Come check out this great fitness alternative. Most of our classes feature HYDRO-FIT equipment. Due to pool acoustics no music is used during classes (except for Weekend Water Warrior). New participants are encouraged to attend one fitness class on a trial basis if the program session is not full (participant must sign a release before participating in class). Come try us out-you'll like what we have to offer.

Participants receive a 25% discount on all PAFC programs when they possess an annual membership.

Family & Friends Water Fitness

Gather six or more friends and enjoy the camaraderie of water fitness training with each other during off peak hours. Program format can target your fitness goals and exercise needs. We will provide a qualified fitness instructor for you and your friends.

Instructor: PAFC Staff
Location: PAFC pools
30-60 minutes/4 classes min
Scheduled by appointment... \$4 per student/hr
*Please fill out a Family & Friends Lesson Questionnaire available at front desk, on-line at www.pullman-wa.gov/recreation_forms, or call 509-338-3266 for instructor assignment, dates and times.

Weekend Water Warrior

Kick off your week with an intense water workout. This cardio and strength focused class will be balanced with energetic music to help keep you motivated all week.

Instructor: Ky Kamolz
PAFC Multipurpose Pool
Su..... Mar 25-May 20 ..5:00-6:00pm.....\$32
No class: Apr 8
Reaney Pool
Su..... Jun 17-Aug 12...5:00-6:00pm.....\$36

Winding Down

End your day with an invigorating water workout. Various intensity levels will allow all participants to achieve fitness results. Join our fitness instructors in a combination class (shallow and deep water). Program will focus on strengthening the heart and lungs through interval, circuit, and general training.

Instructor: PAFC Staff
PAFC Multipurpose Pool
MW..... Apr 30-Jun 66:00-7:00pm.....\$44
No class: May 28
Reaney Pool
MW..... Jun 18-Aug 13...6:00-7:00pm.....\$36
No class: Jul 4

Early Bird Fitness

Getting off to a rough start in the morning? We can fix that! Join us for an invigorating water fitness program that targets all major muscle groups, cardio vascular health, and enhances your flexibility. Give it a try and start your day the water way! Class passes accepted when a minimum of six students are enrolled by program start date.

Instructor: Ky Kamolz
Location: PAFC pools
TuTh..... May 1-Jun 76:00-7:00am.....\$48
TuTh..... Jun 12-Aug 16...6:00-7:00am.....\$80

Admission to some of the below listed water fitness programs is with the pass system (see chart). Passes are good for six months from the day of purchase. Daily visits can be purchased at the information desk. All classes are ongoing and may be joined at any time. Participants receive a 25% discount on all PAFC programs when they possess an annual membership.

Water Exercise Program Pass Rates

Quantity	Total.....	Per Class
Drop-in		\$5.50
5 Class	\$23.00	\$4.60
10 Class	\$43.00	\$4.30
15 Class	\$60.00	\$4.00
20 Class	\$80.00	\$4.00
25 Class	\$92.50	\$3.70
30 Class	\$111.00	\$3.70
40 Class	\$136.00	\$3.40
50 Class	\$170.00	\$3.40
Card holders from other clubs drop in for \$3.40/class		

Getting Started

Start your morning off with a refreshing water workout. This program is geared towards all fitness levels and ages, using the resistance of water, enhanced with equipment, for a total body workout.

Instructor: PAFC Staff
Location: Multipurpose Pool
M-Th ...Ongoing..... 8:00-9:00am.....chart
no class: May 28, Jul 4

Arthritis and Fibromyalgia Aquatic Program™

An Arthritis Foundation™ co-sponsored class taught by certified instructors. This warm water class allows participants to work at their own pace to build core strength and stability in a fun, interactive atmosphere. This is a great opportunity to break the cycle of inactivity by gently improving your overall fitness, flexibility, and sense of well-being. Feel the soothing effects of the water while enjoying the relaxing properties of the aquatic environment.

Instructor: Andrea Plotner
Location: Recreation Pool
M-Th Ongoing..... 11:00am-12:00pm...chart
No class: May 28, Jul 4

Reaney Pool WEX Fitness

Summer Weather Fitness

A water fitness class designed for all participant levels. Students will use the water and Hydro-Fit equipment to enhance their cardiovascular level and muscle strength and endurance. Water shoes are recommended. Class passes and drop-ins will be accepted when minimum enrollment meets 6 students.

Location: Reaney Pool
MW..... Jun 18-Aug 15...6:00-7:00pm.....\$68
No class: Jul 4
Su..... Jun 17-Aug 12...5:00-6:00pm.....\$36