

AQUATIC FITNESS CLASSES

Our group fitness classes are designed to help you build strength, boost energy and stay active in a supportive, community-focused environment.

Check out this session's schedule below and drop-in to your favorite classes as desired!

PRICING:

- Drop-in: \$4
- 15 Class Package: \$45
- 30 Class Package: \$90

SESSION DATES: February 9 - April 3, 2025

CLASS SCHEDULE

CLASS	DAYS	TIME	POOL	INSTRUCTOR
Aquatic Intervals	M / W / F	9:00 AM—10:00 AM	Lap	Marla (M / W) Muffy (F)
Aqua Tone & Fit	T / Th	9:00 AM—10:00 AM	Lap	Trish
Fluid Mobility	M / W	10:30 AM—11:30 AM	Warm	Muffy
Aqua Fit Friday	FRI	10:30 AM—11:30 AM	Warm	Jenn



CONTACT US

PHONE: 509.334.5700

EMAIL: info@swcpullman.com

Aqua Intervals ◊◊◊

An interval-based workout designed to boost cardio endurance and overall strength. Participants alternate between bursts of powerful movement and active recovery, using the resistance of mid-depth water to challenge the whole body.

Expect a fast pace, athletic style drills, and a motivating atmosphere to start the morning strong.

Aqua Tone & Fit ◊◊◊

A full-body conditioning class focused on building muscle tone, improving stability, and enhancing cardiovascular fitness. Using water resistance and optional equipment, participants move through sculpting sequences, dynamic cardio patterns, and core strengthening exercises.

This class is vigorous, energizing, and great for anyone wanting a balanced strength and cardio workout.

Fluid Mobility ◊◊◊

A technique focused class designed to improve joint mobility, functional strength, balance, and postural control. Guided, intentional movement patterns build core stability and muscular endurance while reducing tension and supporting overall body alignment.

Ideal for participants seeking low-impact training that emphasizes quality movement, steady strengthening, and long-term functional wellness.

Aqua Fit Friday ◊◊◊

A fun, feel-good workout that combines cardio, light strength and mobility exercises in the warm pool. The class emphasizes joint friendly flow, upbeat energy, and accessible movement patterns for all fitness levels.

A great way to wrap up the week feeling refreshed and accomplished!

INTENSITY SCALE:

Vigorous Activity = ◊◊◊ Light Activity = ◊◊◊