

Water Exercise at the Bellevue Aquatic Center

Deep Water Exercise: This aerobic exercise class is held in our dive tank, where the water is 13 feet deep. Flotation belts and resistance dumbbells are provided. Attendees can expect a variety of aqua-friendly exercises, comprised of cardio, upper body and abdominal exercises, and stretching. This class is designed to be a challenging workout, but we welcome you to take the exercises at your own pace. The drop-in fee for this course is \$8, or you may purchase 12 classes in advance for \$80. Deep water exercise is offered:

- Monday 5:00-6:00pm
- Wednesday 12:30-1:30 pm, 6:00-7:00pm
- Saturday 10:00-11:00am

Shallow Water Exercise– Blue Lagoon: Swimmers complete a variety of aerobic exercises in the shallow end of our Blue Lagoon pool. The drop-in fee for this class is \$8, or you may purchase 12 classes in advance for \$80. Shallow water exercise is offered:

- Monday 8:00-9:00am
- Wednesday 8:00-9:00am

Shallow Water Exercise– Warm Springs: This class is community led and there is no instructor provided by the Bellevue Aquatic Center. This class is held in the shallow end of our Warm Springs pool and focuses on stretching and range of motion exercises, rather than aerobic exercises. The drop-in fee for this class is \$5.50, or you may purchase 12 classes in advance for \$55. Shallow water exercise is offered:

- Monday 8:00-9:00am
- Wednesday 8:00-9:00am
- Friday 8:00-9:00am

Anyone ages 13 and up can take these classes. We welcome customers of all fitness levels.

Further questions can be directed to aquatics@bellevuewa.gov or (425) 452-4444.