

EXERCISE PROGRAMS – Mary Wayte Mercer Island

Your first class is always free!

DEEP WATER EXERCISE A zero-impact, high energy aerobic class that is great for strength, conditioning, and range of motion. This class focuses on working your core muscle groups, abs, gluts, and thighs. Come try this fun class!



**Tuesday, Thursday
11:30 am – 12:30 pm**

SHALLOW WATER EXERCISE

A 60-minute, drop in, exercise class designed to increase flexibility and range of motion during an aerobic workout. This class can challenge all fitness levels. Beginners are always welcome.

**Monday, Wednesday, Friday
7:30 am—8:30 am
8:30 am—9:30 am
11:35 am - 12:35 pm**

WATER WALKING EXERCISE

A 60-minute, drop-in, instructor lead, exercise class.

Beat joint pain by taking your walking routine to the pool!