



Water Exercise

Let our WEX Instructors lead you through a challenging workout. 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. Come try us out-you'll like what we have to offer. Daily visits can be purchased at the information desk.

NEW! Punch Card: Any 10 classes of water exercise or weight training for \$57! Minimum enrollment still needs to be met before we run the class. Punch cards do not guarantee the class will be available. Purchase is good for one calendar year. Punch Cards make great gifts! Annual membership holders receive 25% off all water exercise classes including Punch Cards!

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.

Location: Multipurpose Pool Min 6
 Instructor: Mary Johnson
 MWF Jan 6-Feb 7 7:00-8:00am
 MWF Feb 10-Mar 14 7:00-8:00am
 Resident: \$80/N-Resident: \$82
 MWF Mar 24-May 2 7:00-8:00am
 Resident: \$96/N-Resident: \$98
 Instructor: Jennifer Gleason
 TuTh Jan 7-Feb 6 8:00-9:00am
 TuTh Feb 11-Mar 13 8:00-9:00am
 Resident: \$54/N-Resident: \$56
 TuTh Mar 25-May 1 8:00-9:00am
 Resident: \$64/N-Resident: \$66

Arthritis and Fibromyalgia Aquatic Program™

Our Arthritis Foundation™ warm water therapy 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 gently improve your overall fitness, flexibility, and sense of well-being. Enjoy the soothing properties of the 92 degree water!

Location: Recreation Pool Min 6
 Instructor: Andrea Plotner
 MWF Jan 6-Feb 7 11:00am-12:00pm
 MWF Feb 10-Mar 14 11:00am-12:00pm
 Resident: \$80/N-Resident: \$82
 MWF Mar 24-May 2 11:00am-12:00pm
 Resident: \$96/N-Resident: \$98

Instructor: Joy Blace
 TuTh Jan 7-Feb 6 11:00am-12:00pm
 TuTh Feb 11-Mar 13 11:00am-12:00pm
 Resident: \$54/N-Resident: \$56
 TuTh Mar 24-May 1 11:00am-12:00pm
 Resident: \$64/N-Resident: \$66

- ⇒ PAFC Members and card holders from other clubs drop-in for \$4.50/class
- ⇒ Drop-in Participants welcome when minimum is reached at \$6.00/class
- ⇒ NEW! Punch Cards excepted when minimum is reached-any 10 classes for \$57.

Weight Room

Looking for a way to add a new dimension to your workouts? Pullman Aquatic & Fitness Center offers a full menu



of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 25% discount on training services.

What is a Personal Trainer or Fitness Trainer (PT/FT)? Let's start with the basics: A PT/FT can be a coach and cheerleader, standing by to correct your form, and help you believe you can do just a little bit more than you think you can. A PT/FT can be a paid exercise partner—someone who exercises alongside you. This could involve workout programs you design yourself or those that the trainer designs for you. A PT/FT can also be someone who designs programs for you to complete on your own.

Personal Training Session

Just what it sounds like! An hour with the trainer, doing whatever the client prefers.

60 minutes
 Resident: \$50/N-Resident \$52

One-on-one with the Trainer

All training sessions must be used within six months from purchase. Fee listed is for each hour of one-on-one training

Number of Sessions	R	NR
1 session	\$50	\$52
2-5 sessions (10% discount)	\$45	\$47
6-10 sessions (15% discount)	\$42.50	\$44.50
11-15 sessions (20% discount)	\$40	\$42
16-19 sessions (25% discount)	\$37.50	\$39.50
20 sessions (30% discount)	\$35	\$37
25 sessions (35% discount)	\$32.50	\$34.50
30 session (40% discount)	\$30	\$32

*Fee listed is for each hour of one-on-one training

NEW! Weight Training Class!

Want to get fit? Discover how to maximize your time AND your results. Learn basic exercise guidelines for safe effective workouts to target your individual needs. Each class will include a short instruction, guided warm-up, and work-out. Included in each session is a free fitness assessment to help track your progress. On "No class" days in which we are open, participants are welcome (and encouraged) to work out at the assigned time!

NEW PUNCH CARD OPTION: Any 10 classes of water exercise or weight training for \$57.00! Minimum enrollment still needs to be met before we run the class. Punch cards do not guarantee the class will be available. Purchase is good for one calendar year. Punch Cards make great gifts!

Location: Fitness Center Min 6
 Instructor: Aletha Lassiter
 MWJan 27-March 12 2:00-3:00pm
 No class: Feb 5, 12, 17, Mar 12
 Resident: \$54/N-Resident: \$56
 MWApril 7-May 28 2:00-3:00pm
 No class: Apr 30
 Closed: May 26
 Resident: \$75/N-Resident: \$77