

## IN OTHER DEPARTMENTS...

### INITIAL FITNESS ASSESSMENT

One of the Club's top personal trainers will meet with you to discuss your lifestyle and fitness goals in this complimentary 30-minute fitness assessment. Session includes; health risk screening, goal setting, blood pressure, waist-to-hip ratio, BMI and resting heart rate.

### PERSONAL TRAINING STARTER PACK:

**Three 45-minute sessions: \$99**

The Personal Training Starter Pack includes three 45-minute personal training sessions customized to your specific needs. Whether you're looking to lose weight, tone up, train for an event, or recover from an injury, this package is essential in getting you started. Your trainer will provide a safe, step-by-step framework to help you reach your goals. Valid for new personal training users only. Limit one per person.

### NEED A LITTLE MOTIVATION? TRY METABOLIC TESTING!

**We offer 2 tests:**

- **Aerobic Capacity Assessment**
- **Resting Metabolic Rate Assessment**

**Only \$99 each!**

Wondering how many calories you're burning? Using science to your advantage, you can figure out how many calories your body burns at rest and while active. Knowing your daily caloric needs will enable our nutritionist to compute how many calories you need per day to lose weight.

### SPORTS MASSAGE

**at The Spa at the Bellevue Club**

Designed for athletes, this deep-pressure massage focuses on muscle systems particular to your specific sport.



**Like Water Aerobics? Try these GPX Classes:**

**Zumba Gold**

**Tai Chi**

**Indoor Cycling**

**Yoballates**

**Senior Conditioning**

**Yoga**

**& Much More!**

### RESERVATIONS

To register for Aquatics programs or lessons, call 688-3223 or visit <https://members.bellevueclub.com>.

### GROUP LESSONS

Registration for any group lesson is open the session prior and ends after the second day of the session. All sessions are three or four weeks with one lesson per week. We offer group lessons throughout the week to fit almost any schedule. All classes are 30 minutes. Class times are subject to change depending on availability.

### CANCELLATIONS

24 hours notice is required to cancel a private lesson. Group lesson session cancellations must be made 7 days prior to the first day of the session. There are no make-up lessons. For sudden illness or unplanned schedule conflict, please call the Aquatics Director at 688.3127.

### BILLING

All billing will occur through member account. No other form of payment will be accepted. Please contact the Aquatics Director for any billing, credit or refund questions at 688.3127.

### CREDIT/REFUNDS

Group and private lessons are billed to your member account prior to the end of the same month in which the lesson occurred (for example: all May lessons are billed by May 31). Please contact the Aquatics Director for any billing, credit or refund questions at 688.3127.

### GUESTS

Athletic members are welcome to register a guest to participate in one session per calendar year. All billing is through the member's account. More details available at <https://members.bellevueclub.com>.

**For questions and more information contact:**

Aquatics Director  
425.688.3127

Aquatics Customer Service  
425.688.3223

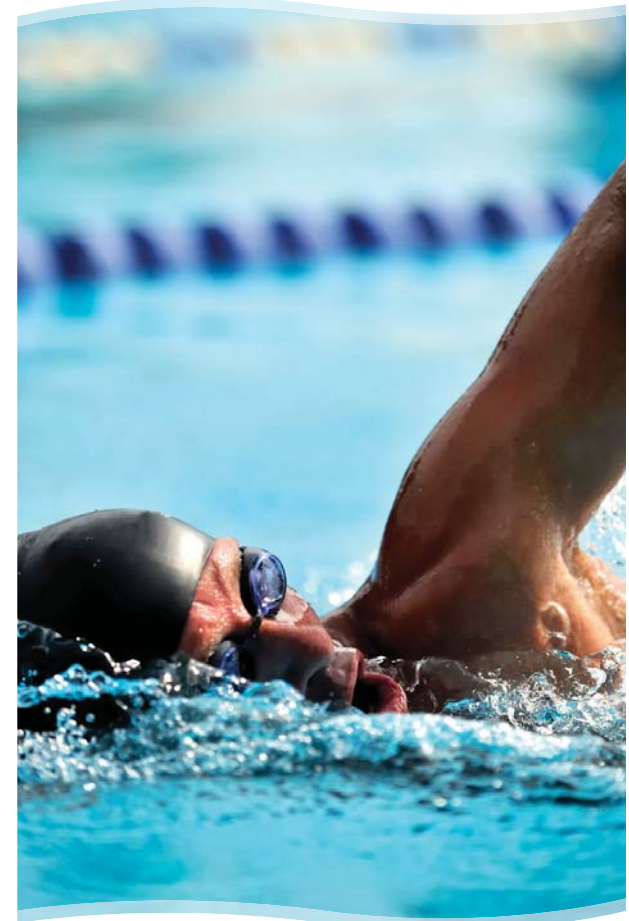


BELLEVUE CLUB



BELLEVUE CLUB

# ADULT AQUATICS PROGRAMS



## ADULT FITNESS CLASSES AGES 18 & UP

### ADULT FITNESS SWIMMING

Monday-Friday, noon-1 p.m.

Tuesday, Thursday, 5:45-7 a.m.; 9-10 a.m.

Friday, 5:45-7 a.m.

Saturday, 7-8:30 a.m.

Join us for a coached workout to improve your technique, efficiency and endurance. All you need to start is the ability to swim 25 meters of freestyle. The program includes training in breaststroke, backstroke and butterfly. Workouts are geared towards all fitness levels and participants are welcome to use a snorkel, fins or any other training equipment. Any suit and goggles will do. The cost is \$7 per workout; \$45 for six or more sessions per month; or \$55 for six or more sessions per month, per couple.

### MASTERS SWIMMING

Monday-Friday, noon-1 p.m.

Tuesday, Thursday, 5:45-7 a.m.; 9-10 a.m.

Friday, 5:45-7 a.m.

Saturday, 7-8:30 a.m.

Workouts range from 3,000-3,600 meters. All practices are coached by experienced professionals. Workout variety includes distance, sprint and stroke work. Competition is optional, but meet information and schedules are available. The cost is \$7 per workout; \$45 for six or more sessions per month; or \$55 for six or more sessions per month, per couple.



## ADULT WATER AEROBICS



**Water Aerobics are now part of the GPX Program! For one monthly fee, GPX includes more than 50 Fitness classes per week.**

**GPX Family: \$45/month**

**GPX Single: \$35/month**

### DEEP WATER CHALLENGE

Monday, Wednesday & Friday, 8-8:45 a.m.

This unique deep-water exercise class builds strength and endurance, increases muscle tone and burns calories. The class uses flotation belts, leg cuffs, and other resistance equipment for a great total body workout. No swimming experience necessary. \$7.50 per class for non-GPX members.

### WATER AEROBICS BLAST

DEEP H2O

Tuesday & Thursday, 9-9:45 a.m.

SHALLOW H2O

Tuesday & Thursday, 9:45-10:30 a.m.

Improve your overall strength and flexibility in a new, athletic water workout that combines resistance and cardio training. Join us Tuesday for a shallow water, low-impact workout or Thursday for a deep water, zero-impact workout. Flotation belts and resistance equipment provided. No swimming experience necessary. \$7.50 per class for non-GPX members.

### AQUA FIT

Monday, Wednesday & Friday, 9-10 a.m.

This low-impact water exercise class focuses on building muscle strength and burning calories. Great for first-time water exercises, enjoy the familiarity of having your feet on the ground with the surrounding resistance of the water. No swimming experience necessary. \$7.50 per class for non-GPX members.

## ADULT SWIM LESSONS AGES 13 & UP

**NOT QUITE READY FOR A WORKOUT?**

**Try our adult swim lessons to help you prepare!**

### SMALL GROUP BEGINNING ADULT

Tuesday or Thursday, 7 p.m.

This program will introduce students to basic water safety and skills to help them feel comfortable in the water. Participants will learn and practice simple arm and leg motions, efficient floating, gliding positions and breath control. Beginning level also focuses on changing directions and body position while swimming greater distances and longer periods of time. Front crawl and elementary backstroke are practiced and breaststroke is introduced. Six students per class.

### SMALL GROUP INTERMEDIATE ADULT

Tuesday or Thursday, 7:30 pm

Improve endurance and confidence in this fun intermediate program. Participants will learn to swim the front crawl and elementary backstroke for greater distances, along with introductions to back crawl, breaststroke, butterfly and basic wall turns. Six students per class.

### Small Group Sessions Dates

**SESSION 1:** Aug. 30 – Oct 2  
(5 weeks/5 lessons, \$53.75)

**SESSION 2:** Oct. 4 – 30  
(4 weeks/4 lessons, \$43)

**SESSION 3:** Nov. 1 – 20  
(3 weeks/3 lessons, \$32.25)

**SESSION 4:** Nov. 29 – Dec 18  
(3 weeks/3 lessons, \$32.25)

**Register for 2 days a week and receive \$10 off your total!**

### PRIVATE LESSONS

Private Lessons are available for adults wishing to focus on specific stroke technique, fitness training or triathlon preparation. Private lessons are available at various times throughout the week, according to instructor availability. Please contact the Swim Lesson Coordinator at 688.3223 to arrange your private lesson.

Cost: \$33 per half hour session for one participant; \$55 per one hour session for one participant. Add another student for just \$10 more!

Register online at <https://members.bellevueclub.com> or call the Aquatics Desk at 688.3223.