

## Swimming For Fitness

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### Swimming For Fitness

But don't go dusting off your swimming costume just yet. The first few weeks of the training take place on dry land, using exercises that are designed to improve cardiovascular fitness ...

### The couch to 5k swimming plan to help you get ready for a summer dip

almost a million people downloaded an NHS-backed fitness app over three months in an attempt to get up off the sofa and out for a run. In subsequent lockdowns wild swimming converts have been ...

### Swim Couch to 5K plan encourages Britons to train for summer fitness

The North Myrtle Beach Aquatic and Fitness Center is offering swimming lessons beginning May 14 and going to June 18. It's every Friday starting at 5:30 p.m. The program is focusing on adults who are ...

### North Myrtle Beach Aquatic and Fitness offering adult swim lessons for people fearful of water

The massive city-owned site will open its new community center later this year, and is looking for organizations who want to use it.

### Bedford Union Armory Searches For Programs For Community Center

The measure would stipulate homeowner associations in the Garden State could not be sued if somebody gets COVID and claims they caught the virus in the pool or clubhouse ...

### NJ homeowner associations not opening pools for fear of COVID lawsuits

As Deschutes County moved back into the extreme risk category for COVID-19, new guidelines are set for indoor recreation facilities. The Juniper Swim & Fitness Center is making adjustments to ...

### 'Let's let people swim': Juniper Swim & Fitness Center pulls pool roof early amid 'Extreme Risk'

Yet, those who enjoy activities like swimming, diving, or water aerobics should invest in a fully waterproof device. Many waterproof fitness trackers are available, each of which provides a wide ...

### The 9 Best Waterproof Fitness Trackers of 2021

Starting Monday, May 17, the Larry H. Walkup Aquatic Center will begin to offer expanded swim time for lane reservations. The expanded lane time will increase from 45 minutes to 1 hour and 15 minutes. ...

### Aquatic Center Expands Swim Times Beginning May 17

Misa Dugally had never heard of Zoom when COVID-19 closed in-person fitness classes but she quickly learned how to teach online. "As anyone who has run a marathon knows, the results on race day are ...

### In Her Own Words: Fitness maven Misa Dugally sees the pandemic as a marathon

If you're the star of a highly competitive swim team or a casual backstroker on the weekends, wearing a smartwatch designed for your sport can help you keep track of your fitness and meet new goals.

### Best smartwatch for swimmers

Whether to escape the monotony of lockdown or maintain some form of a fitness routine as gyms and ... Become and lockdown cliché and joined the wild swimming gang? Whether you're training ...

### Best wetsuits of 2021 for wild swimming and water sports

After a two-year absence, the Fitness Challenge Triathlon unfolded Sunday morning in Naples with plenty of enthusiasm and a little sadness with the news the event will soon lose its home of over three ...

### Over 400 turn out for Naples Fitness Challenge Triathlon after a two-year absence

A massive multifamily property near Carrollwood has been sold to a Nashville investment firm for \$77 million. Lakeshore Club, a 638-unit apartment complex on Egypt Lake, was sold to a corporate entity ...

### Exclusive: Apartments near Carrollwood sell for \$77 million

Some of the best cheap fitness tracker deals are cut-price, no-frills, scaled-back fitness bands that still pack highly advanced fitness tracking features. You don't have to drop hundreds of dollars ...

### Best cheap fitness tracker deals: Great offers on fitness bands and smartwatches

START your engines, it's fundraising time. On Monday night, Anytime Fitness Echuca will hold the twin towns' first ever Treadmill Matchbox Car Race. What's that, you ask? It's a thrilling, high-octane ...

### Start your engines, Anytime Fitness is gearing up to raise funds for suicide prevention

If having more daylight on your side has put a spring in your step and you're curious about just how much of a boost you're getting, we have good news: Our favorite Fitbit , the Fitbit Charge 4, is on ...

### The Fitbit Charge 4 is our favorite fitness tracker—and it's on sale for an incredible price.

Laurie Stark, co-owner of designer brand Chrome Hearts, purchased a condo at Turnberry Ocean Club in Sunny Isles Beach for \$6.5 million.

### Chrome Hearts co-owner Laurie Stark pays \$7M for Sunny Isles Beach condo

Events include archery, basketball, badminton, bowling, cycling, golf, horseshoes, pickleball, racquetball, softball, swimming, tennis, table tennis, track and field, power walk and 5K road race.

### Registration open for North Dakota Senior Games

Who it's for: Fitness enthusiasts who want to swim with their fitness tracker, whether it's in the pool or the sea. Why we picked the Garmin Quatix 6: Leave aside all the boating connectivity ...

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