


OCTOBER GROUP FITNESS CLASS SCHEDULE

Begins
Sept 30



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS
7:15AM		YOGA TEISHA PREECE		YOGA TEISHA PREECE	
7:30AM	CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT		
8:30 AM	AQUA FIT SUE PFLUGHOFT	30/30 SPIN YOGA TEISHA PREECE	AQUA FIT SUE PFLUGHOFT POSTURE AND BALANCE MELISSA RYCKMAN	30/30 SPIN YOGA TEISHA PREECE	GENTLE YOGA TEISHA PREECE
10:00 AM	STRENGTH IN MOBILITY CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS	RESTORATIVE TAI CHI STARTS AT 9:45AM TEISHA PREECE	STRENGTH IN MOBILITY CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS		SPLASH TEISHA PREECE
12:10 PM	THE LUNCH CLUB TRACY PERKINS	STRONG45 CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS	THE LUNCH CLUB TRACY PERKINS	STRONG45 CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS	
5:30 PM		SKI FIT BRITTANY WILLIAMS STARTS OCTOBER 15		SKI FIT BRITTANY WILLIAMS STARTS OCTOBER 17	
6:30PM	WEIGHT ROOM 101 TRACY PERKINS STARTS OCTOBER 21		WEIGHT ROOM 101 TRACY PERKINS STARTS OCTOBER 23	<p>Scan for class schedule and class cancellations</p> 	<p>Visit www.pinedaleaquatic.com for current PAC programs and information</p>

Fitness classes can be adapted for any fitness level. Please contact your instructor with any questions. ALL classes are included with your daily admission.

30/30 SPIN YOGA: A 60 minute class—30 minutes of cycling, followed by 30 minutes of yoga. This combo class brings you the cardio and endurance of a cycling workout, followed with the deep stretch and strengthening of yoga, then a cool down and some relaxation!

AQUA FIT: This water class provides opportunity for aerobic conditioning, muscle strengthening and toning through deep and shallow water exercises. A variety of resistance and buoyancy equipment will be used.

CIRCL MOBILITY™: Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises to help you move better, longer. Set to a soundtrack of healing tones + sound frequencies to help your mind focus and release stress. This will be a 12 minute conclusion to STRONG45® and Strength In Mobility. Students are welcome to join for just this portion of class at 12:45PM Tues/Thurs or 10:45am on Mon/Wed.

CORE FUSION: Core is the key! This 45 minute class will focus on building core strength, increasing muscle tone, and creating overall stability and endurance throughout your "powerhouse" aka core! Classes will perform a variety of movements that blend traditional core exercises with "Pilates" type conditioning designed to help reduce low back pain, improve posture, enhance sports performance, and increase endurance.

GENTLE YOGA: This Gentle Yoga class is a blend of gentle restorative yoga and flowing vinyasa. Class is structured to gain flexibility, strength and tone, as well as learning skills to de-stress and relax. A low to moderate intensity class, the poses can be modified either up or down to fit the needs of those participating. Beginner friendly!

WEIGHT ROOM 101: Meet in the Fitness Area for this 6 week "intro" to weight room series. Weight Room 101 will help you gain confidence in the weight room with focus on common equipment used, proper form, and how to build a well rounded workout with appropriate modifications and progressions as you continue your fitness journey. Various exercise formats will be used throughout the series

THE LUNCH CLUB: Functional weightlifting and conditioning class focusing on muscle building, strength, endurance, core stability, mobility, and balance. Proper form for all lifts and movements are taught. Expect a variety of formats including circuit training, unilateral training, stations, etc

PEDAL POWER: This fun, heart-pumping indoor cycling class will take you through challenging terrains. Be ready to climb mountains, race down hills, push yourself on flats and of course we can't forget the interval drills. There is no compromising your level of fitness in this indoor cycling class. Get ready to improve your endurance level, cardiovascular and muscular strength while learning proper technique to conquer all riding scenarios. Class will conclude with a 15 minute core/stretch session.

POSTURE AND BALANCE: In this 6 week class we will work on strength and mobility to help you improve your posture and balance. Healthy posture habits will be taught so you can incorporate them into your daily routine. The class will include stretching, strengthening with various equipment in the classroom, and some walking where posture is the focus.

RESTORATIVE THAI CHI: This class blends the benefits of simple Tai Chi and qigong with restorative yoga, creating a wonderfully rejuvenating and relaxing workout that is great for the mind and gentle on the body.

SKI FIT: This 6 week lower body/core class will combine strength and endurance workouts with mobility exercises to make sure you're ready for all of your favorite winter activities!

SPLASH: This 60-minute water workout is for everyone--especially those with joint ailments or injuries. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. The class begins with a gentle warm-up in the leisure pool's river and from there you'll ease into the exercises using a variety of water resistance equipment. This class will take place in the leisure pool. **Water Shoes Recommended**

STRONG45®: The ultimate exercise-to-music experience, STRONG® is a high-intensity workout blending a potent mix of cardio, muscle conditioning and explosive plyometric moves, all synced to thrilling, original beats. Fast-paced and challenging, each session blasts calories and strengthens your entire body and mind.

STRENGTH IN MOBILITY: This class will combine low impact strength exercises with functional movements and stretching to increase overall mobility, stability, and fitness. Be able to enjoy all the activities of daily life with more confidence and less aches and pains!

YOGA: Classes are vinyasa-style, which translates as coordinating movement with the breath. Sequences are unique, and incorporate awareness of the body as well as the breath. Poses are broken down so that the best alignment and potential of your body can be achieved.