



PINEDALE AQUATIC CENTER

January Fitness Class Schedule					
* New classes and hours begin January 2*					
See our online fitness calendar at www.pinedaleaquatic.com for any cancellations					
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Pedal Power**** Shawn Piros	Sweat, Shred, Burn*** Ranae Pape Yoga** Anya Kelly	Pedal Power**** Shawn Piros	Sweat, Shred, Burn*** Ranae Pape Yoga** Anya Kelly	Pedal Power**** Shawn Piros
8:30 AM	Aqua Fit** Shallow Water Sue Pflughoft	30/30 Spin Yoga*** Teisha Preece Aqua Zumba® *** Ness Free	Aqua Fit** Deep Water Sue Pflughoft	30/30 Spin Yoga*** Teisha Preece	Aqua Zumba® *** Ness Free Gentle Yoga** Teisha Preece
10:00 AM	Fit Kids * Ness Free	Restorative Tai Chi* Teisha Preece	Fit-N-Fun* Teisha Preece		Fit-N-Fun* Teisha Preece
12:00 PM		Strong45™ **** Brittany Williams <i>begins at 12:10</i>	Slow Flow Yoga*** Alexis Casal	Strong45™ **** Brittany Williams <i>begins at 12:10</i>	
4:30 PM				Power Flow Yoga*** Alexis Casal	
5:00 PM	Spin/Row/Weights*** Melissa Ryckman		Spin/Row/Weights*** Melissa Ryckman		
5:30 PM		Sweat/Shred/Burn*** Ranae Pape	Zumba® *** Ness Free	Sweat/Shred/Burn*** Ranae Pape	
6:00 PM	Aqua Zumba® *** Ness Free				

Class Rating System
 Classes can be modified to fit most fitness needs. Talk to your instructor about any possible concerns.
 *=Low Impact/Intensity ** ***= Moderate Impact/Intensity **** *****=High Impact/Intensity

Hours of Operation

Facility Hours:

Monday to Friday: 5am-8pm
 Saturday: 10am-4pm

Childcare Hours:

Tues—Thurs: 8:00am—noon
 Mon & Wed: 5:00pm—7:45pm

Pool Hours:

Monday-Thursday:
 6am-1pm; 3:30-7pm
 Friday:
 6am-7pm
 Saturday:
 10am-3:45pm (2pm comp pool)
 Rec swim starts at:
 M-Th-3:30pm | Fri.-2pm | Sat.-10am

Climbing Wall Belay Staff Available:

Monday-Thursday: 3:30-5:30pm
 Friday: 2-5:30pm
 Saturday: 12pm-4pm

CLOSURES:

Comp Pool Closed
 HS Boys Swim Meet
 Fri: 01/27 4-8pm Sat: 01/28 All Day

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 water exercises. A variety of resistance and buoyancy equipment will be used. Monday will focus on shallow water Wednesday will be deep water (comp pool)

AQUA ZUMBA®: This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. With moves set to music, and water resistance to tone your muscles, this is a pool party you shouldn't miss!

FIT KIDS: This parent-tot class is free to attend for kids up to 5 years with paid parent admission. This class will be in the gym and includes various activities to promote learning and development in an engaging and interactive way. We will use scooters, hula hoops, parachutes, mats, and other items to promote a healthy, active lifestyle.

FIT-N-FUN: This is a great exercise class for people of all ages! It covers warm up, stretching, range of motion exercises, balance training, strengthening, a 15 minute cardio segment, cool down and relaxation. It is a full body workout emphasizing range of motion and mobility.

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!

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.

POWER FLOW YOGA: Build strength and flexibility in this fun all-level fiery vinyasa practice. Linking breath to body movement, we build and sustain heat within the body.

RESTORATIVE TAI 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.

SLOW FLOW YOGA: Get grounded in this slow all-level vinyasa practice. We begin by warming up with standing sequences, then open up the body with longer holds.

SPIN/ROW/WEIGHTS: This class will utilize the rowing machines, ski erg, and stationary bikes for a fun and effective circuit workout. Full body strength exercises are incorporated in-between rowing and cycling. Many levels of fitness are welcome as the intensity is determined by you!

STRONG 45®: The class combines the amazing results of a HITT class with the Zumba music you love! Body weight strength training, high intensity cardio, plyometric moves, core and functional training all perfectly synced to a beat.

SWEAT/SHRED/BURN: Sweat, Shred, Burn will consist of conditioning, dumbbell use, bands, including TRX bands, and body weight movements. The class will begin with a warmup, followed by a series of movement and workout instructions. The class will then perform a varied workout that will consist of an 8-40 minute workout session. The workout length will determine if there will be a final session of Guns and Buns work. All skill levels welcome! All movements, weights and skill domains will be modified for each participant.

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.

ZUMBA®: This Latin-style dance class blends upbeat dance moves with athletic movement. The perfect blend of choreography challenges both the dancer and the exerciser.