

PINEDALE AQUATIC CENTER

April Fitness Class Schedule					
New Classes and schedule begin April 10					
See our online fitness calendar at www.pinedaleaquatic.com for any cancellations.					
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Pedal Power**** Shawn Piros		Pedal Power**** Shawn Piros		Pedal Power**** Shawn Piros
8:30 AM	Aqua Fit** Sue Pflughoft	30/30 Spin Yoga*** Teisha Preece	Aqua Fit** Sue Pflughoft	30/30 Spin Yoga*** Teisha Preece	Gentle Yoga** Teisha Preece
10:00 AM	Strength In Mobility** Brittany Williams	Restorative Tai Chi* Teisha Preece	Strength In Mobility** Brittany Williams		Restorative Tai Chi* Teisha Preece
11:00 AM	Fit Kids * Ness Free		Intro to Pickleball** Teisha Preece		
12:00 PM	Muscle & Hustle*** Tracy Perkins begins @ 12:10	Strong45™ **** Brittany Williams Concludes with CIRCL MOBILITY™	Slow Flow Yoga*** Alexis Casal Muscle & Hustle*** Tracy Perkins begins @ 12:10	Strong45™ **** Brittany Williams Concludes with CIRCL MOBILITY™	
4:15 PM				Power Flow Yoga*** Alexis Casal	
5:30 PM		Sweat/Shred/Burn*** Ranae Pape	Zumba® *** Ness Free	Sweat/Shred/Burn*** Ranae Pape	
6:30 PM			Intro to Pickleball** Teisha Preece		

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-12:00pm
 Mon: 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: 2:00pm - 5:30pm
 Saturday: 12pm-4pm

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)

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®.

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!

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!

INTRO TO PICKLEBALL: Ever wanted to try pickleball but not sure where to start? This is the class for you! Learn the rules and skills needed to play one of the fastest growing sports in the country. Learn drills, warm ups, single and double play! All equipment provided.

MUSCLE & HUSTLE: Muscle & Hustle is lively functional weightlifting and conditioning class that will challenge all fitness levels from beginner to seasoned gym fanatic. Focus is on building strength & endurance, improving core stability, mobility, and balance. Teaching proper form for all lifts and movements is priority; rehabilitative movements are often sprinkled in. This class is especially beneficial for girls and women in all seasons of their lives (teenagers, prenatal, postnatal, middle aged, and life masters), as the instructor has a specialization in women's fitness. Equipment: weights, TRX bands, body weight, resistance bands, etc. Expect a variety of formats including circuit training, unilateral training, and H.I.R.T. (High Intensity Resistance Training).

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 5 minute core session and a 5 minute stretch session.

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.

STRONG 45®: The ultimate exercise-to-music experience, STRONG Nation® 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 9 week series 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! Class will run March 13-May 10.

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 preform 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.

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.