

JANUARY GROUP FITNESS CLASS SCHEDULE

PINEDALE AQUATIC CENTER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM		PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS
7:15AM			YOGA ANYA KELLY		YOGA ANYA KELLY	
7:30AM		CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT		
8:30AM		AQUA FIT SUE PFLUGHOFT	30/30 SPIN YOGA TEISHA PREECE	AQUA FIT SUE PFLUGHOFT	30/30 SPIN YOGA TEISHA PREECE	GENTLE YOGA TEISHA PREECE
10:00AM		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	
4:15PM		HIIT STRENGTH MELISSA RYCKMAN		HIIT STRENGTH MELISSA RYCKMAN		Visit www.pinedaleaquatic.com for current PAC programs and information
5:30 PM			BOOTCAMP RANAE PAPE	YOGA RAE LYNNE	BOOTCAMP RANAE PAPE	Scan for class schedule and class cancellations 

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.

BOOTCAMP: PAC's Boot camp will help you improve your fitness level quickly. This class will involve a series of high-intensity exercises that target multiple muscle groups. During Bootcamp you will get a whole-body strength and cardio workout in each one-hour session. Bootcamp workouts will break up the boredom and monotony of the same old gym or cardio workouts. This class will be able to keep you moving and make the hour go by fast. The class is adaptable for any skill level. Dumbbells, bands, cardio equipment and body movements will incorporate the class.

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!

HITT STRENGTH: This class will combine the powerful effects of high intensity interval training with strength training for the ultimate total body workout. A variety of equipment will be used.

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.

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.

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!

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

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.