

# PINEDALE AQUATIC CENTER

## March Fitness Class Schedule

\* New classes and hours begin February 27\*

See our online fitness calendar at [www.pinedaleaquatic.com](http://www.pinedaleaquatic.com) for any cancellations

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Pedal Power**** Shawn Piros	Yoga** Anya Kelly (Last Class 03/14)	Pedal Power**** Shawn Piros	Yoga** Anya Kelly	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		Fit-N-Fun* Teisha Preece
11:00 AM	Fit Kids * Ness Free		Intro to Pickleball** Teisha Preece Ends @ 12:15pm		
12:00 PM	Muscle & Hustle*** Tracy Perkins begins @ 12:10	Strong45™ **** Brittany Williams begins @ 12:10	Slow Flow Yoga*** Alexis Casal Muscle & Hustle*** Tracy Perkins begins @ 12:10	Strong45™ **** Brittany Williams begins @ 12:10	
4:15 PM				Power Flow Yoga*** Alexis Casal	
5:30 PM		Sweat/Shred/Burn*** Ranae Pape	Zumba® *** Ness Free	Sweat/Shred/Burn*** Ranae Pape STARTS @ 5:45pm	
6:00 PM	Aqua Zumba® *** Ness Free				
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:

Monday: 11:00am-1:00pm  
Tues-Thurs: 8:00am-1:00pm  
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: 2:00pm - 5:30pm  
Saturday: 12pm-4pm

### CLOSURES:

**MS SWIM MEETS:COMP POOL CLOSED ALL DAY**  
**SATURDAY, MARCH 4**  
**SATURDAY, MARCH 18**

**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!

**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 12 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 6-May 25.

**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.

**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.