



PINEDALE AQUATIC CENTER

April Fitness Class Schedule

***New Classes and Schedule begin Monday, April 8, 2024 ***

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
7:45 AM	Core Conditioning Stephanie Root	Booty Conditioning Stephanie Root	Core Conditioning Stephanie Root	Booty Conditioning Stephanie Root	
8:30 AM	Aqua Fit Sue Pflughoft NO CLASS 04/01-04/15	30/30 Spin Yoga Teisha Preece	Aqua Fit Sue Pflughoft NO CLASS 04/01-04/15 Posture and Balance Melissa Ryckman	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	
12:10 PM	Train With Tracy Tracy Perkins	STRONG45® Concludes with 12 min CIRCL Mobility Brittany Williams	Train With Tracy Tracy Perkins	STRONG45® Concludes with 12 min CIRCL Mobility Brittany Williams	
4:45 PM		Core Conditioning Stephanie Root			
5:30 PM		Hiking Fit Ranae Pape		Hiking Fit Ranae Pape	

**ALL Classes can be adapted for any fitness level. Please contact your instructor with any questions or concerns.
Fitness Classes are INCLUDED with Daily Admission**

Hours of Operation

Facility Hours:

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

Childcare Hours:

Tues./Wed./Thurs.
8:00am-11:30am
Monday Evening
5:15pm-7:45pm

NO SCHOOL DAYS:

Spring Break
Friday, March 30- Saturday,
April 6
Friday, April 26
***1/2 Gym May Be Available**
Based On Patron Use*

Pool Hours:

Monday-Thursday
6am-1pm & 3:30pm-7:00pm
Friday - 6am-7:00pm
Saturday:
10am-3:45pm (2pm comp pool)

Rec swim starts at:
Mon - Thurs: 3:30pm
Friday: 2pm
Saturday: 10am

Slide Hours:

Mon-Thur 3:30-6pm*
Fri: 2-6pm
Sat 10am-3:45pm
***Slide will not be available during nights when
swim lessons are happening***

Climbing Wall Belay Staff Available:

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

SPRING BREAK

SPECIAL HOURS

APRIL 1-5 (MON-FRI)

POOLS: 8:00AM-5:00PM

REC SWIM STARTS AT NOON
CLIMBING WALL: NOON-4:00PM

CHILD CARE CLOSED

NO GROUP FITNESS CLASSES

**Operating Hours are normal unless
otherwise noted**

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.

BOOTY CONDITIONING: This 30 minute class will focus on glutes! Class will perform a variety of exercises that will strengthen the glutes, help reduce low back pain, and improve posture. This class is a great compliment to core conditioning!

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®. Students are welcome to join for just this portion of class at 12:45PM.

CORE CONDITIONING: Core is the key! This is a 30 minute class that is all about building core strength and toning your abs. We will perform a variety of exercises that strengthen the abdomen, 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!

HIKING FIT: This is a great time to dust off your packs and shoes and get ready for the trails! Participants will learn proper hiking techniques, form, exercises and stretches designed to improve walking endurance and adaptability. Participants are encouraged to bring their hiking pack and even use their hiking shoes for each class. Each week participants will add more weight to their pack while going through a series of exercises. From squatting with your pack, taking it on and off, hopping over it and rucking, each week you will challenge yourself with new movements, distance and weight. Don't worry, you don't have to have your pack or hiking shoes, you can still just come participate in the class. Everyone is welcome and the movements and workouts are adaptable for each person!

Equipment recommended: Quality walking or hiking shoes. Your hiking pack- day or multi day or even extended pack. But don't worry, you don't have to have your pack and/or shoes to participate. Show up and the workout will still get you ready for the trails!

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 & BALANCE: In this class we will work on strength and mobility to help you improve your posture and balance. The class will include stretching and strengthening with various equipment in the classroom. We will be building on each week with what we have learned. Some walking will be incorporated 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. S

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 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!

TRAIN WITH TRACY: This class is a 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. 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).