

# PINEDALE AQUATIC CENTER

May Fitness Class Schedule					
*New Classes and schedule begin May 1*					
See our online fitness calendar at <a href="http://www.pinedaleaquatic.com">www.pinedaleaquatic.com</a> 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 ENDS 05/08	Restorative Tai Chi* Teisha Preece	Strength In Mobility** Brittany Williams ENDS 05/10		Restorative Tai Chi* Teisha Preece
12:10 PM	Muscle & Hustle*** Tracy Perkins	Strong45™ **** Brittany Williams Concludes with CIRCL MOBILITY™ ENDS 05/09	Muscle & Hustle*** Tracy Perkins	Strong45™ **** Brittany Williams Concludes with CIRCL MOBILITY™ ENDS 05/11	
5:30 PM			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:

May 1-12  
Tues/Wed/Thurs  
8:00am-12:00pm  
May 15-26  
Tues/Wed/Thurs  
8:00am-10:00am

### 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:

May 6 - Saturday  
Comp Pool CLOSED: USA Swim Meet  
May 29: PAC is CLOSED for Memorial Day  
May 30-31: PAC is CLOSED for Annual Shutdown

There will be NO FITNESS CLASSES the week of May 29-June 2  
Look for our Summer classes to BEGIN MONDAY, June 5!

**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.

**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 7:00am.

**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!

**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.

**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.

**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 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!

**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. Class will start 06/22

**ZUMBA GOLD®:** Modified Zumba® class that recreates the original moves you love at a lower-intensity. This class will introduce easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance