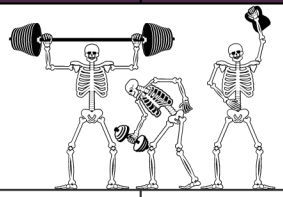
October GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM	CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT	**STARTS 10/05** 	
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 BRITTANY WILLIAMS		STRENGTH IN MOBILITY BRITTANY WILLIAMS		RESTORATIVE TAI CHI TEISHA PREECE **STARTS AT 9:45AM**
12:10 PM	HITT PILATES MELISSA RYCKMAN **BEGINS OCT 12**	STRONG NATION + WEIGHTS ™ BRITTANY WILLIAMS		STRONG NATION + WEIGHTS ™ BRITTANY WILLIAMS	*Scan for class schedule and class cancellations*
5:30 PM			POWER YOGA RAE LYNNE LATER		

PINEDALE AQUATIC CENTER

Fitness classes can be adapted for any fitness level. Please contact your instructor with any questions.
ALL classes are included with your daily admission.

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.

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 PILATES: Get ready for a dynamic, full-body workout that combines high-intensity cardio with the core-strengthening benefits of Pilates. In the first half of class, you’ll choose your favorite equipment—bike, rower, ski erg, or battle ropes—for a powerful HIIT session designed to boost your heart rate and burn calories. We’ll then transition into Pilates to focus on core stability, flexibility, and muscle recovery. This balanced blend of sweat and strength will leave you feeling energized and centered.

POWER YOGA: Power Yoga is a Vinyasa-style yoga class that combines dynamic sequencing with strength-building poses to create a challenging practice at a faster pace than a traditional yoga class. This class is designed to help students build strength and improve flexibility while maintaining a connection to the breath and enhancing focus. It is suitable for students of all levels, though some prior yoga experience is recommended due to the faster pace and challenging nature of the practice. Modifications will be offered to accommodate different abilities. Listen to your body and rest as needed.

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! Concludes with 12 minute CIRCL Mobility.

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 NATION + WEIGHTS®: A high-intensity interval training workout that combines bodyweight strength, cardio, and athletic conditioning with the added challenge of external resistance. Each class follows the STRONG Nation® format of four quadrants—Ignite, Load, Amplify, and Burn—with movements synced to music designed to match every rep and drive intensity. In this enhanced version, weights are incorporated primarily during the Load and Burn quadrants to increase muscular strength, improve endurance, and elevate overall results. Exercises may include weighted squats, lunges, presses, rows, and core work alongside signature punches, planks, and athletic drills.This class is ideal for participants looking to build strength, increase calorie burn, and take their STRONG Nation® workout to the next level. Modifications and weight options are provided, making it accessible and scalable for multiple fitness levels.