
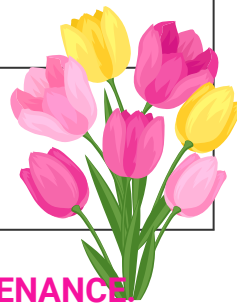


MAY

GROUP FITNESS CLASS SCHEDULE

BEGINS
MAY 5

MONDAY PINEDALE AQUATIC CENTER		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	PEDAL POWER SHAWN PIROS	YETI READY SHAWN PIROS Last Class 05/13 MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS	YETI READY SHAWN PIROS Last Class 05/15 MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS
7:30AM	CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT		
8:30AM	AQUA FIT SUE PFLUGHOFT ONLY ON 05/12		AQUA FIT SUE PFLUGHOFT ONLY ON 05/14	30/30 SPIN YOGA MELISSA RYCKMAN	www.pinedaleaquatic.com Visit for current PAC programs and information
10:00AM	STRENGTH IN MOBILITY CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS LAST CLASS 05/12		STRENGTH IN MOBILITY CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS LAST CLASS 05/14	THE BRUNCH CLUB TRACY PERKINS	
12:10 PM	THE LUNCH CLUB TRACY PERKINS	STRONG45 CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS LAST CLASS 05/13	THE LUNCH CLUB TRACY PERKINS	STRONG45 CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS LAST CLASS 05/15	
5:30 PM		BOOTCAMP RANAE PAPE		BOOTCAMP RANAE PAPE	
6:00 PM	JIU JITSU CHASE VASQUEZ LOCATED IN MPR		JIU JITSU CHASE VASQUEZ LOCATED IN MPR		




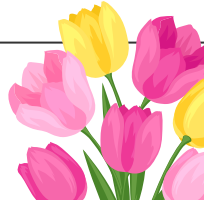
Fitness classes can be adapted for any fitness level. Please contact your instructor with any questions.

ALL classes are included with your daily admission. PAC IS CLOSED MAY 26-MAY 31 FOR CLEANING AND MAINTENANCE.

MAY
PINEDALE AQUATIC CENTER

GROUP FITNESS CLASS SCHEDULE

WEEK OF
MAY
19-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	PEDAL POWER SHAWN PIROS	MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS	MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS
7:30AM	CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT		
8:30AM				30/30 SPIN YOGA MELISSA RYCKMAN	
10:00AM				THE BRUNCH CLUB TRACY PERKINS	
12:10 PM	THE LUNCH CLUB TRACY PERKINS		THE LUNCH CLUB TRACY PERKINS		
5:30 PM		BOOTCAMP RANAE PAPE		BOOTCAMP RANAE PAPE	<i>Scan for class schedule and class cancellations</i>
6:00 PM	JIU JITSU CHASE VASQUEZ LOCATED IN MPR		JIU JITSU CHASE VASQUEZ LOCATED IN MPR	Visit www.pinedaleaquatic.com for current PAC programs and information	

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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.

JIU JITSU: Jiu Jitsu will be working on fundamental positions (offensive and defensive), Jiu Jitsu principles, and submissions.

MUAY THAI: Muay Thai (kickboxing) will work on basic Boxing and Muay Thai footwork, techniques, and combinations. Boxing gloves and shin guards optional.

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.

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!

THE BRUNCH CLUB: Just like the Lunch Club ONLY earlier! 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

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

YETI READY: 6 weeks Yeti Ready is your ultimate adventure-prep workout! This high-energy class is designed to build the strength, balance, and endurance you need for all your favorite outdoor activities—hiking, biking, climbing, kayaking, and more. You'll jump, step, push, pull, and lift your way through functional movements that mimic real-life adventure challenges. Expect mobility drills, power moves, and full-body strengthening to keep you agile and injury-free. Whether you're hitting the trails, paddling the river, or conquering the mountains, this class will get you ready to move with confidence. Summer adventures are calling—are you Yeti?