# NOVEMBER GROUP FITNESS CLASS SCHEDULE

| STARTS 11/02 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 6:30 AM | | LADIES WEIGHTLIFTING RANAE PAPE **Nov 3 - Dec 10** | | LADIES WEIGHTLIFTING RANAE PAPE **Nov 3 - Dec 10** |  |
| 7:30AM | CORE FUSION STEPHANIE ROOT | | CORE FUSION STEPHANIE ROOT | | |
| 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 | SCULPTING RANAE PAPE | STRENGTH IN MOBILITY BRITTANY WILLIAMS | SCULPTING RANAE PAPE | RESTORATIVE TAI CHI TEISHA PREECE **STARTS AT 9:45AM** |
| 12:10 PM | HITT PILATES MELISSA RYCKMAN **ENDS NOV 9** | STRONG NATION + WEIGHTS ™ BRITTANY WILLIAMS | | STRONG NATION + WEIGHTS ™ BRITTANY WILLIAMS | *Scan for class schedule and class cancellations* |
| 5:30 PM | | SKI FIT RANAE PAPE **Nov 3 - Dec 10** | POWER YOGA RAE LYNNE LATER | SKI FIT RANAE PAPE **Nov 3 - Dec 10** |  |

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. PAC CLOSES AT 4PM 11/25 CLOSED 11/26 OPENS AT 8AM 11/27**

**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.

**LADIES WEIGHTLIFTING:** This coached, women-only class offers a supportive space to learn how to use machines, barbells, and dumbbells safely and effectively while building muscle. Each session focuses on proper setup, movement patterns, and form, with an emphasis on balanced full-body strength and posture. Once the correct technique and target muscle groups are clear, participants move into a strength-focused portion of the workout. All skill levels are welcome, and coaches provide scaling options and guidance so you can choose the right weights and modifications for your experience. No prior lifting experience is required. The priority is learning solid technique so you can train with confidence, reduce the risk of injury, and build lasting strength.

**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.

**SCULPTING:** Build muscle and strength using dumbbells, resistance bands, and bodyweight exercises in a controlled, low-intensity session with no cardio. By focusing on deliberate movements, proper form, and progressive overload—gradually increasing resistance or challenge over time—you create the conditions needed for muscle growth at a steady, manageable pace. Each coached session emphasizes control, full range of motion, and technique so you can effectively target and develop specific muscles. Exercises are scaled with lighter loads, modified ranges, or regressions so every participant works at an appropriate level. All skill levels are welcome—no prior experience is required, and you will be guided on setup, form, and suitable modifications.

**SKI FIT:** Prepare for ski season with circuit-style training designed to build the strength and endurance needed on the mountain. The focus for SkiFit is on building functional fitness that transfers to skiing, helping you feel stronger, more resilient, and better prepared for the season. This coached class, led by Ranae Pape, combines targeted strength work and conditioning in a structured circuit format to improve leg power, core stability, balance, and stamina.

**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.