



PINEDALE AQUATIC CENTER

November Fitness Class Schedule					
* New classes and hours begin October 31*					
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
8:30 AM	Aqua Fit** Sue Pflughoft Zumba® *** Ness Free	30/30 Spin Yoga*** Teisha Preece Aqua Zumba® *** Ness Free	Aqua Fit** Sue Pflughoft Zumba® *** Ness Free	30/30 Spin Yoga*** Teisha Preece	Aqua Zumba® *** Ness Free Gentle Yoga** Teisha Preece
10:00 AM		Restorative Tai Chi* Teisha Preece	Fit-N-Fun* Teisha Preece		Fit-N-Fun* Teisha Preece
12:00 PM					
12:10 PM		Strong45™ **** Brittany Williams	Slow FLOW Yoga*** Alexis Casal	Strong45™ **** Brittany Williams	
4:30 PM				Power Flow Yoga*** Alexis Casal	
5:00 PM			Spin/Row/Weights*** Melissa Ryckman		
5:30 PM		Ski Fit*** Brittany Williams Ends 11/22	Zumba*** Ness Free	Ski Fit*** Brittany Williams Ends 11/22	

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:

Tues-Thurs: 8:00am-noon
 Mon & Wed: 5:00pm-7:45pm

Pool Hours:

Monday-Thursday:
 6am-1pm; 3:30-7pm
 Friday:
 6am-7pm (M-F comp pool)
 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: 2-5:30pm
 Saturday: 11am-3pm

POOL CLOSURES:

Comp Pool will be closed for a USA
 Swim Meet - Saturday 11/12 At Noon