



GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	PEDAL POWER SHAWN PIROS NO CLASS 07/06		PEDAL POWER SHAWN PIROS NO CLASS 07/08		BEGINS JULY 6 
7:15AM		YOGA ANYA KELLY		YOGA ANYA KELLY	
8:30AM	AQUA FIT SUE PFLUGHOFT NO CLASS 07/06		AQUA FIT SUE PFLUGHOFT NO CLASS 07/08		GENTLE YOGA TEISHA PREECE
10:00AM		STRENGTH IN MOBILITY BRITTANY WILLIAMS		STRENGTH IN MOBILITY BRITTANY WILLIAMS NO CLASS 07/16	<i>Scan for class schedule and class cancellations</i>  
12:10 PM	HIIT PILATES MELISSA RYCKMAN STARTS 07/13	STRONG NATION + WEIGHTS™ BRITTANY WILLIAMS		STRONG NATION + WEIGHTS™ BRITTANY WILLIAMS NO CLASS 07/16	

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 CLOSED SATURDAY, JULY 4. HAPPY INDEPENDANCE DAY

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.

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!

HIIT 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.

PEDAL POWER: Get ready to sweat, smile, and ride strong! Pedal Power is a high-energy indoor cycling class designed to take you through a variety of terrains — from intense hill climbs and fast-paced sprints to powerful interval drills and steady flat-road pushes. Whether you're a seasoned rider or new to the saddle, this class will challenge and improve your cardiovascular endurance, muscular strength, and overall fitness. To wrap it up, the final 15 minutes will focus on Core and Pelvic Floor training — helping you build stability, enhance performance, and support your body from the inside out. Come for the ride, stay for the strength!

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.

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.

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.