


GROUP FITNESS CLASS SCHEDULE

September **BEGINS Sept 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS		
7:15AM		YOGA ANYA KELLY NO CLASS 09/02		YOGA ANYA KELLY STARTS 09/04	
7:30AM	CORE FUSION STEPHANIE ROOT STARTS 09/08		CORE FUSION STEPHANIE ROOT STARTS 09/10		
8:30AM	AQUA FIT SUE PFLUGHOFT	30/30 SPIN YOGA TEISHA PREECE	AQUA FIT SUE PFLUGHOFT NO CLASS 09/03	30/30 SPIN YOGA TEISHA PREECE	GENTLE YOGA TEISHA PREECE
10:00AM	STRENGTH IN MOBILITY BRITTANY WILLIAMS		STRENGTH IN MOBILITY BRITTANY WILLIAMS		
12:10 PM		STRONG NATION + WEIGHTS™ BRITTANY WILLIAMS		STRONG NATION + WEIGHTS™ BRITTANY WILLIAMS	<i>Scan for class schedule and class cancellations</i>
6:00 PM	JIU JITSU JEFF WENDT		JIU JITSU JEFF WENDT		

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

ALL classes are included with your daily admission.

Visit www.pinedaleaquatic.com for current PAC programs and information.

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.

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 STRONG Nation + Weights®. Students are welcome to join for just this portion of class at 7:00AM Tues/Thurs.

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!

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

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®: The ultimate exercise-to-music experience, STRONG NATION® 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. What's stronger than STRONG Nation®? Add weights and dominate! You'll finish with a bang as you blend bodyweight AND weight training to the traditional Quadrant 4. Using the principles of CRUSH, Perfect SYNC Weight Training, and more to help boost results, burn calories, and take your fitness to the next level! Concludes with 12 min CIRCL Mobility.

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.