



PINEDALE AQUATIC CENTER

September Fitness Class Schedule

*New Classes and schedule begin Tuesday, September 5 *

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
7:15 AM		Yoga ** Anya Kelly		Yoga ** Anya Kelly	
8:30 AM	Aqua Fit** Sue Pflughoft	30/30 Spin Yoga*** Teisha Preece	Aqua Fit** Sue Pflughoft	30/30 Spin Yoga*** Teisha Preece	Gentle Yoga** Teisha Preece
10:00 AM	Strength In Mobility** Brittany Williams Aqua Zumba @ ** Ness Free *STARTS @ 9:45*	Restorative Tai Chi** Teisha Preece	Aqua Zumba® ** Ness Free STARTS @ 9:45	Strength In Mobility** Brittany Williams Zumba Gold® ** Ness Free	
12:10 PM		STRONG45® Concludes with 12 min CIRCL Mobility		STRONG45® Concludes with 12 min CIRCL Mobility	
5:30 PM	Sweat/Shred/Burn *** Ranae Pape Begins 09/11	MetCon *** Ranae Pape	Sweat/Shred/Burn *** Ranae Pape Begins 09/13		

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:

Tuesday/Wednesday/Thursday
8:00am-11:30am

Pool Hours:

Monday-Thursday
6am-1pm & 3:30pm-7:00pm
Friday - 6am-7:00pm

Saturday:

10am-3:45pm (2pm comp pool)
Rec swim starts at:
Mon - Thurs: 3:30pm
Friday: 2pm
Saturday: 10am

Climbing Wall Belay Staff Available:

Monday-Thursday: 3:30pm-5:30pm
Friday: 2pm-5:30pm
Saturday Noon-4pm

CLOSURES:

PAC CLOSED: Monday, September 4 for Labor Day

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.

AQUA ZUMBA®: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! With less impact on your joints during an Aqua Zumba® class you can really let loose and use the water's natural resistance to challenge and tone your muscles.

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®. Students are welcome to join for just this portion of class at 7:00am.

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!

METCON: Metabolic Conditioning (MetCon) will be one hour of increasing your bodies aerobic capacity. What is aerobic capacity? It is your body's ability to keep performing under strenuous activity for longer periods of time. Basically, your endurance! Plan on spending the hour working on bodyweight movements including use of machines like the rower, Ski Erg, Spin Bikes and running/jogging or walking. Keeping your heart rate in a moderate state will help increase your lung capacity and longevity in a workout. This is a great opportunity to build that base in your fitness!

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.

RESTORATIVE THAI 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.

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 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!

SWEAT/SHRED/BURN: Sweat, Shred, Burn will consist of conditioning, dumbbell use, bands, including TRX bands, and body weight movements. The class will begin with a warmup, followed by a series of movement and workout instructions. The class will then perform a varied workout that will consist of an 8-40 minute workout session. The workout length will determine if there will be a final session of Guns and Buns work. All skill levels welcome! All movements, weights and skill domains will be modified for each participant.

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.

ZUMBA GOLD®: Modified Zumba® class that recreates the original moves you love at a lower-intensity. This class will introduce easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance