



SEPTEMBER FITNESS CLASS SCHEDULE

New classes and hours begin September 6

See our online fitness calendar at www.pinedaleaquatic.com for any cancellations

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM	Pedal Power**** Shawn Piros	Yoga ** Anya Kelly <i>Last Class on 9/15</i>	Pedal Power**** Shawn Piros	Yoga ** Anya Kelly <i>Last Class on 9/15</i>	Pedal Power**** Shawn Piros
8:30AM	Aqua Fit** Sue Pflughoft	30/30 Spin Yoga** Teisha Preece	Aqua Fit** Sue Pflughoft	Gentle Yoga** Teisha Preece	
10:00AM	Fit-N-Fun* Teisha Preece	Restorative Tai Chi* Teisha Preece	Fit-N-Fun* Teisha Preece		
12:10PM	Ladies Lifting*** Brittany Williams <i>Begins 9/12</i>	Strong45™ **** Brittany Williams	Ladies Lifting*** Brittany Williams <i>Begins 9/12</i>	Strong45™ **** Brittany Williams	

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

Childcare:

Tues—Thurs: 8:00am—noon
Evening hours coming in October!

Facility:

Monday to Friday: 5am-8pm
Saturday: 10am-4pm

Climbing Wall Belay Staff Available:

Monday—Thursday: 3:30— 5:30pm
Friday: 2—5:30pm
Saturday: 11am—3pm
Get belay certified and climb anytime!

Pool Hours:

Monday— Thursday: 6am —1pm; 3:30 —7:00pm
Friday: 6am—7:00pm (6pm M-F for comp pool)
Saturday: 10am—3:45pm (2pm for competition pool)
Rec swim starts at Noon (10am Saturdays)

note: water features will not be available during swim lessons and all areas may be unavailable during swim practices/meets/staff trainings

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 water exercises. A variety of resistance and buoyancy equipment will be used.

FIT-N-FUN— This is a great exercise class for people of all ages! It covers warm up, stretching, range of motion exercises, balance training, strengthening, a 15 minute cardio segment, cool down and relaxation. It is a full body workout emphasizing range of motion and mobility.

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!

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.

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 45®— The class combines the amazing results of a HITT class with the Zumba music you love! Body weight strength training, high intensity cardio, plyometric moves, core and functional training all perfectly synced to a beat.

LADIES LIFTING — Check out this new class geared towards helping women feel confident and comfortable in the weight room! At the end of this 6 week class, you should feel better prepared to tackle your own workouts and understand progression and load principles.

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.