

PINEDALE AQUATIC CENTER

July Fitness Class Schedule

***New Classes and Schedule begin Monday, July 1, 2024 ***

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 | | |
| 6:30 AM | | STRONG45® Concludes with 12 min CIRCL Mobility Brittany Williams | | STRONG45® Concludes with 12 min CIRCL Mobility Brittany Williams | |
| 7:15 AM | | Yoga Anya Kelly | | Yoga Anya Kelly | |
| 8:30 AM | Aqua Fit Sue Pflughoft NO CLASS 07/15 | 30/30 Spin Yoga Teisha Preece | Aqua Fit Sue Pflughoft NO CLASS 07/10 & 07/17 | 30/30 Spin Yoga Teisha Preece | Gentle Yoga Teisha Preece NO CLASS 07/05 |
| 10:00 AM | | Strength In Mobility Concludes with 12 min CIRCL Mobility Brittany Williams | | | Strength In Mobility Concludes with 12 min CIRCL Mobility Brittany Williams NO CLASS 07/05 & 07/12 |

ALL Classes can be adapted for any fitness level. Please contact your instructor with any questions or concerns.

Fitness Classes are INCLUDED with Daily Admission

Hours of Operation

Facility Hours:

Monday - Friday: 5am-7pm
Saturday: 10am-4pm

Climbing Wall Hours:

Daily Noon - 4pm

Childcare Hours:

CLOSED FOR THE SUMMER

PAC will be CLOSED

Thursday, July 4, 2024 for Independence Day

Pool Hours:

Monday-Friday
6am-6:45pm
Saturday:
10am-3:45pm (2pm comp pool)
Rec swim starts at Noon

Slide Hours: Mon-Fri 12pm - 6pm

Saturday: 12-3:45

Slide will not be available when swim lessons are happening



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 STRONG45® and Strength In Mobility. Students are welcome to join for just this portion of class at 12:45PM Tues/Thurs or 10:45am on Tues/Fri.

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. Class will conclude with a 15 minute core/stretch session.

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!

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.