


# APRIL GROUP FITNESS CLASS SCHEDULE

PINEDALE AQUATIC CENTER





BEGINS APRIL 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	PEDAL POWER SHAWN PIROS <b>NO CLASS 04/28</b>	YETI READY <b>NEW!</b> SHAWN PIROS <b>NO CLASS 04/29</b> MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS <b>NO CLASS 04/30</b>	YETI READY <b>NEW!</b> SHAWN PIROS <b>NO CLASS 04/24 &amp; 05/01</b> MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS <b>NO CLASS 04/29 &amp; 05/02</b>
7:15AM		Yoga Anya Kelly <b>LAST CLASS 04/08</b>		Yoga Anya Kelly <b>LAST CLASS 04/10</b>	
7:30AM	CORE FUSION STEPHANIE ROOT		CORE FUSION STEPHANIE ROOT		
8:30AM	AQUA FIT SUE PFLUGHOFT	RESTORATIVE TAI CHI TEISHA PREECE	AQUA FIT SUE PFLUGHOFT <b>POSTURE AND BALANCE</b> MELISSA RYCKMAN	30/30 SPIN YOGA TEISHA PREECE	GENTLE YOGA TEISHA PREECE
10:00AM	STRENGTH IN MOBILITY CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS		STRENGTH IN MOBILITY CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS	THE BRUNCH CLUB TRACY PERKINS	SPLASH TEISHA PREECE <b>COMP POOL</b>
12:10 PM	THE LUNCH CLUB TRACY PERKINS	STRONG45 CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS <b>NO CLASS 04/15</b>	THE LUNCH CLUB TRACY PERKINS	STRONG45 CONCLUDES WITH 12 MIN CIRCL MOBILITY™ BRITTANY WILLIAMS <b>NO CLASS 04/17</b>	
5:30 PM	LINE DANCING BRITTANY WILLIAMS	BOOTCAMP RANAE PAPE	YOGA RAE LYNNE <b>LAST CLASS 04/30</b>	BOOTCAMP RANAE PAPE	Visit <a href="http://www.pinedaleaquatic.com">www.pinedaleaquatic.com</a> for current PAC programs and information
6:00 PM	JIU JITSU CHASE VASQUEZ LOCATED IN MPR		JIU JITSU CHASE VASQUEZ LOCATED IN MPR		Scan for class schedule and class cancellations 

Fitness classes can be adapted for any fitness level. Please contact your instructor with any questions. ALL classes are included with your daily admission.





# SPRING BREAK GROUP FITNESS CLASS SCHEDULE

MARCH 31-  
APRIL 4

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 PINEDALE AQUATIC CENTER	6AM PEDAL POWER SHAWN PIROS	<b>YETI READY</b> <b>SHAWN PIROS</b>  MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS	<b>YETI READY</b> <b>SHAWN PIROS</b>  MUAY THAI CHASE VASQUEZ LOCATED IN MPR	PEDAL POWER SHAWN PIROS
	7:30AM CORE FUSION STEPHANIE ROOT	<b>7:15AM YOGA</b> <b>ANYA KELLY</b>	CORE FUSION STEPHANIE ROOT	<b>7:15AM YOGA</b> <b>ANYA KELLY</b>	
	8:30AM AQUA FIT SUE PFLUGHOFT	RESTORATIVE TAI CHI TEISHA PREECE	AQUA FIT SUE PFLUGHOFT	30/30 SPIN YOGA TEISHA PREECE	GENTLE YOGA TEISHA PREECE
	10:00AM				SPLASH TEISHA PREECE <b>COMP POOL</b>
	6:00 PM JIU JITSU CHASE VASQUEZ LOCATED IN MPR		JIU JITSU CHASE VASQUEZ LOCATED IN MPR		<i>Scan for class                      schedule and                      class                      cancellations</i> 

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MARCH 31-  
APRIL 4

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**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.

**BOOTCAMP:** PAC's Boot camp will help you improve your fitness level quickly. This class will involve a series of high-intensity exercises that target multiple muscle groups. During Bootcamp you will get a whole-body strength and cardio workout in each one-hour session. Bootcamp workouts will break up the boredom and monotony of the same old gym or cardio workouts. This class will be able to keep you moving and make the hour go by fast. The class is adaptable for any skill level. Dumbbells, bands, cardio equipment and body movements will incorporate the class.

**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 Mon/Wed.

**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.

**LINE DANCING:** This 4 week series will breakdown all of the classic line dances as well as the latest trends, making sure you're ready to rock the Summer dance floors!

**MUAY THAI:** Muay Thai (kickboxing) will work on basic Boxing and Muay Thai footwork, techniques, and combinations. Boxing gloves and shin guards optional.

**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.

**POSTURE AND BALANCE:** In this 4 week class we will work on strength and mobility to help you improve your posture and balance. Healthy posture habits will be taught so you can incorporate them into your daily routine. The class will include stretching, strengthening with various equipment in the classroom, and some walking where posture is the focus.

**SPLASH:** This 60-minute water workout is for everyone--especially those with joint ailments or injuries. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. The same great class you've grown to love will move to the competition pool and use a variety of water resistance equipment. Water Shoes Recommended

**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 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!

**WEIGHT ROOM 101:** Meet in the Fitness Area for this 6 week "intro" to weight room series. Weight Room 101 will help you gain confidence in the weight room with focus on common equipment used, proper form, and how to build a well rounded workout with appropriate modifications and progressions as you continue your fitness journey. Various exercise formats will be used throughout the series

**THE BRUNCH CLUB:** Just like the Lunch Club ONLY earlier! Functional weightlifting and conditioning class focusing on muscle building, strength, endurance, core stability, mobility, and balance. Proper form for all lifts and movements are taught. Expect a variety of formats including circuit training, unilateral training, stations, etc

**THE LUNCH CLUB:** Functional weightlifting and conditioning class focusing on muscle building, strength, endurance, core stability, mobility, and balance. Proper form for all lifts and movements are taught. Expect a variety of formats including circuit training, unilateral training, stations, etc

**YETI READY:** 6 weeks Yeti Ready is your ultimate adventure-prep workout! This high-energy class is designed to build the strength, balance, and endurance you need for all your favorite outdoor activities—hiking, biking, climbing, kayaking, and more. You'll jump, step, push, pull, and lift your way through functional movements that mimic real-life adventure challenges. Expect mobility drills, power moves, and full-body strengthening to keep you agile and injury-free. Whether you're hitting the trails, paddling the river, or conquering the mountains, this class will get you ready to move with confidence. Summer adventures are calling—are you Yeti?

**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.