




# GROUP FITNESS CLASS SCHEDULE

BEGINS  
JUNE 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6AM	PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS		PEDAL POWER SHAWN PIROS
6:30AM		STRONG NATION + WEIGHTS™ CONCLUDES WITH 12 MIN CIRCL MOBILITY™ (7AM) BRITTANY WILLIAMS		STRONG NATION + WEIGHTS™ CONCLUDES WITH 12 MIN CIRCL MOBILITY™ (7AM) BRITTANY WILLIAMS	
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	STEADY AND READY SHAWN PIROS		STEADY AND READY SHAWN PIROS		
12:10 PM	POWER LUNCH CORE & GLUTES RANAE PAPE		POWER LUNCH CORE & GLUTES RANAE PAPE		Scan for class schedule and class cancellations
5:30 PM	JIU JITSU CHASE VASQUEZ <b>Open Mat @ 5pm</b> Located in the Studio Room	BOOTCAMP RANAE PAPE	JIU JITSU CHASE VASQUEZ <b>Open Mat @ 5pm</b> Located in the Studio Room	BOOTCAMP RANAE PAPE	

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](http://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.

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

**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:** 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.

**POWER LUNCH: CORE AND GLUTES:** Maximize your midday break with this fast, effective workout designed to strengthen and sculpt your core and glutes. In just 45 minutes, you'll fire up your abs, engage your lower body, and build endurance with targeted exercises that leave you feeling strong and energized. This class blends strength training, functional movements, and a powerful finisher to keep you moving all day long. Get in, get results, and head back to your day feeling refreshed and unstoppable! This class is for all skill levels and will utilize bands, some weights and your body weight for an effective session!

**STEADY AND READY:** This fun and functional fitness class is designed to keep you moving with confidence. This class focuses on improving balance, coordination, agility, and gait—key components that support a strong and independent lifestyle. Through a variety of low-impact, purposeful movements, you'll challenge your body and brain in ways that help with everyday tasks and prevent falls. Whether you're walking the dog, gardening, or heading out for a hike, this class helps you feel ready for it all. Every session is upbeat, supportive, and adaptable to your fitness level. Come as you are and leave feeling energized, capable, and ready for your next adventure!

**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!