

PINEDALE AQUATIC CENTER

November Fitness Class Schedule

*New Classes and schedule begin Monday, November 6 *

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 ** Teisha Preece		Yoga ** Teisha Preece	
7:45 AM	Core Conditioning *** Stephanie Root		Core Conditioning *** Stephanie Root		
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	Restorative Tai Chi** Teisha Preece	Posture Improvement** Melissa Ryckman (ENDS November 15)	Strength In Mobility** Brittany Williams	
12:10 PM	Train With Tracy **** Tracy Perkins	STRONG45@ *** Concludes with 12 min CIRCL Mobility Brittany Williams	Train With Tracy **** Tracy Perkins	STRONG45@ *** Concludes with 12 min CIRCL Mobility Brittany Williams	
5:00 PM	Cardio Circuit*** Melissa Ryckman				
5:30 PM	Sweat/Shred/Burn *** Ranae Pape	Ski Fit *** Brittany Williams (BEGINS NOV 14)	Sweat/Shred/Burn *** Ranae Pape	Ski Fit *** Brittany Williams	
6:45 PM		Core Conditioning *** Stephanie Root			

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

BONUS CLASS: FRIDAY, NOVEMBER 24
TURKEY BURN WITH TRACY PERKINS
10:00AM IN THE PAC STUDIO ROOM

Hours of Operation

Facility Hours:

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

Childcare Hours:

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

Evening Child Care:

Monday/Wednesday
 5:30pm-7:45pm

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:

1/2 Gym Closed: Nov 3-4 for Ski Swap

Comp Pool Closed: Nov 10-11

USA Swim Meet

November 22:

PAC hours 5:00AM-4:00PM

November 23: PAC CLOSED for Thanksgiving