Pinnacle Aquatic Schedule

Lap Pool Schedule

Time	Class	Instructor	Length	Lap lanes open
Monday				
5:00 - 5:30 PM	Open Swim			4
5:30 - 6:20 PM	Open Swim			3
6:20 - 7:30PM	**$ Water Run**			1
7:30 - 10:30 PM	Open Swim			4
Tuesday				
5 AM - 5:30 AM	Open Swim			4
5:30 - 6:45 AM	**$ Masters**	Neil	75	1
6:45 - 8:30 AM	Open Swim			4
8:30 - 9:45 AM	**$ Masters**	Andy	75	1
9:45 - 10:45 AM	Open Swim			4
10:45 - 11:35 AM	Open Swim			3
11:35 - 5:30 PM	Open Swim			4
5:30 - 6:15 PM	Aqua Intervals	Kari/Lynn	45	1
6:20 - 7:15 PM	Open Swim			4
7:15 - 8:30 PM	**$ Masters**	Andy/Clay	75	**0**
8:30 - 10:30 PM	Open Swim			4
Wednesday				
5 AM - 6:00AM	Open Swim			4
6:00 - 7:15 AM	**$ Masters**	Kimberly	75	**0**
7:15 - 8:15 AM	Open Swim			4
8:15 - 9:15 AM	**$ Aqua Boot Camp**	Heidi	60	1
9:15 - 5:30 PM	Open Swim			4
5:30 - 6:30 PM	**$ Aqua Boot Camp**	**STARTS OCT. 2nd**	60	1
6:30 - 10:30 PM	Open Swim			4
Thursday				
5 AM - 5:30 AM	Open Swim			4
5:30 - 6:45 AM	**$ Masters**	Neil	75	1
6:45 - 8:30 AM	Open Swim			4
8:30 - 9:45 AM	**$ Masters**	Andy	75	1
9:45 -10:45 AM	Open Swim			4
10:45 - 11:35 AM	Open Swim			3
11:35 - 5:30 PM	Open Swim			4
5:30 - 6:15 PM	Aqua Intervals	Tammy	45	1
6:20 - 7:15PM	Open Swim			4
7:15 - 8:30 PM	**$ Masters**	Andy/Clay	75	**0**
8:30 - 10:30 PM	Open Swim			4
Friday				
5 AM - 6:00 AM	Open Swim			4
6:00 - 7:15 AM	**$ Masters**	Kimberly	75	**0**
7:15 - 5:00 PM	Open Swim			4
5:00 - 7:00 PM	***SWIM TEAM***	**USE LANES 2&3**	120	2
7:00 - 9:30 PM	Open Swim			4
Saturday				
7 AM - 9:30AM	Open Swim			4
9:30 - 10:30 AM	Open Swim			3
10:30 - 7:30 PM	Open Swim			4
Sunday				
7 AM - 10:00 AM	Open Swim			4
10:00 - 12:00 PM	**TRIATHLON Training**			1
12:00 PM - 7:30 PM	Open Swim			4

Trainers may use a lane for personal training or swim lessons.

INDOOR TRIATHLON USES 3 Lanes on the First Friday of Every Month

Warm Water Pool Schedule

Time	Class	Instructor	Length
Monday			
5 AM - 1:00 PM	Open Swim		
1:00 - 2:00 PM	Fluid Joints	Mary/Bonnie	60
2:00 - 5:30 PM	Open Swim		
5:30 - 6:20 PM	Hi Lo H20	Jayme	50
6:20 - 10:30 PM	Open Swim		
Tuesday			
5 AM - 9:45 AM	Open Swim		
9:45 - 10:35 AM	Aqua Moves	Heidi/Bonnie	50
10:45 - 11:35 AM	Hi Lo H20	Heidi	50
11:45 - 1:00 PM	Open Swim		
1:00 - 2:00 PM	**$ Water Works**	Mary Bowman	60
2:00 - 4:30 PM	Open Swim		
4:30 - 5:20 PM	Hi Lo H20	Kari	50
5:20 - 10:30 PM	Open Swim		
Wednesday			
5 AM - 10:45 AM	Open Swim		
10:45 - 11:30 AM	Aqua Flow	Heidi	45
11:30 - 1:00 PM	Open Swim		
1:00 - 2:00 PM	Fluid Joints	Bonnie/Mary	60
2:00 - 4:30 PM	Open Swim		
4:30 - 5:15 PM	Aqua Action	Heidi	45
5:15 - 10:30 PM	Open Swim		
Thursday			
5 AM - 9:45 AM	Open Swim		
9:45 - 10:35 AM	Aqua Moves	Heidi	50
10:45 - 11:35 AM	Hi Lo H20	Heidi	50
11:35 - 1:00 PM	Open Swim		
1:00 - 2:00 PM	**$ Water Works**	Mary Bowman	60
2:00 - 4:30 PM	Open Swim		
4:30 - 5:20 PM	Hi Lo H20	Julie	50
5:20 - 10:30 PM	Open Swim		
Friday			
5 AM - 9:30 PM	Open Swim		
Saturday			
7 AM - 9:30AM	Open Swim		
9:30 - 10:30 AM	Hi Lo H20	Rotation	**60**
10:30 - 3:30 PM	Open Swim		
3:30 - 5:00 PM	**$ Family Swim**	NO LIFEGUARD	90
5:00 - 7:30 PM	Open Swim		
Sunday			
7 AM - 3:30 PM	Open Swim		
3:30 - 5:00 PM	**$ Family Swim**	NO LIFEGUARD	90
5:00 - 7:30 PM	Open Swim		

$ - These classes are fee based

For class descriptions please go to our website at www.phfitness.com
Aquatic Director Heidi Meyer-Spidell heidi@phfitness.com

AQUATIC CLASS DESCRIPTIONS

AQUA ACTION: This is a higher intensity 45-minute class with lots of travel. See how effective the water can be to burn fat and tone your muscles.

AQUA INTERVALS: Get an invigorating workout in our lap pool while wearing a flotation belt. This high energy, non-impact workout will challenge your cardiovascular system and increase your muscular strength and endurance. This is a core workout from start to finish. Challenging Intervals to get you fit.

AQUA FLOW: This 45-minute class will include deep breathing & slow movements of Ai Chi (Tai Chi in the water) to increase range of motion & core strength. Yoga, Pilates & balance exercises will also be part of this class to increase body stability & flexibility.

AQUA MOVES: Strength, balance, range of motion and general fitness is the focus of this class. No music.

FLUID JOINTS: This class is for anyone one with any type of arthritis, Osteoporosis, Fibromyalgia, Parkinson's, Post Stroke and Movement or Balance disorders.

HI-LO H2O: Move at your highest intensity then recover. Have fun and shape up in this energizing class. This class will give you a total body workout. A variety of equipment is used to keep your body challenged.

SPECIAL OFFERINGS

AQUATIC PERSONAL TRAINING: Personal training works. Receive specific attention to meet your individual goals. Training in the water allows you to work harder against constant resistance while being favorable to your joints. Whether you are an athlete looking to improve sport specific goals, a person looking for better general fitness or someone looking to strengthen muscles before or after surgery, you can find success with an Aquatic personal trainer. Email Heidi Heidi@phfitness.com

FAMILY SWIM: Immediate family members may join a Pinnacle Member for family swim. The legal guardian must accompany minors. The cost is $3.00 per individual. Kids Kastle members are free.

MASTER'S SWIM: This class offers the beginning to advanced swimmer the opportunity to take their strokes and conditioning to the next level. This class offers challenging workouts with your goals in mind. It also provides you with stroke refinement at each class. All four competitive strokes will be taught and refined.

PRIVATE SWIM COACHING: Private swim coaching is an excellent way to learn new skills or improve existing ones. These lessons are geared to the specific needs each swimmer. Whether you are uncomfortable in the water, a novice swimmer or an elite athlete you can benefit from private coaching. Contact Mandi Peterson mandi@phfitness.com.

TRIATHLON TRAINING: Pinnacle offers Triathlon Training sessions with USA Triathlon coach Jerry Landmark. The coach will assess your individual skills. You will learn conditioning, technique, training habits and safety. Different sessions will cover different aspects of the different seasons; off, pre and race. Some sessions include open water swim. Contact Coach Jerry Landmark at jerry@phfitness.com

WATER RUNNING or AQUA BOOT CAMP: If you are looking to improve your running or just want to be able to run without impact, try water running. If you want a challenging interval class that takes place in the shallow and deep water try Aqua Boot Camp. AQx Master Trainer Heidi Meyer-Spidell teaches these fee-based programs. Heidi@phfitness.com

WATER WORKS: This fee-based class is formerly Dean/St. Mary's Water Works, now run by Pinnacle and taught by the same instructor. A gentle moves class where the instructor gets in the water with participants.