

# Pinnacle Aquatics Schedule

Lap Pool Schedule					Warm Water Pool Schedule			
Time	Class	Instructor	Length	Lanes open	Time	Class	Instructor	Length
<b>Monday</b> Private Training May Reserve One Lane During Open Swim					<b>Monday</b>			
5:00 - 6:00 AM	Open Swim			4				
6:00 - 7:15 AM	<b>\$ Masters</b>	Cynthia	75	0	5 AM - 1:00 PM	Open Swim		
7:15 AM - 12:00 PM	Open Swim			4				
12:00 PM - 1:00 PM	<b>\$ Masters</b>	Cynthia	60	1	1:00 - 2:00 PM	Fluid Joints	Heidi	60
1:00 PM - 5:30 PM	Open Swim			4	2:00 - 5:30 PM	Open Swim		
5:30 - 6:20 PM	Open Swim* (*Warm water class uses one lane*)		50	3	5:30 - 6:20 PM	Hi Lo H2O	Lynn	50
6:25 - 10:30 PM	Open Swim			4	6:20 - 10:30 PM	Open Swim		
<b>Tuesday</b> Private Training May Reserve One Lane During Open Swim					<b>Tuesday</b>			
5:00 AM - 5:30 AM	Open Swim			4	5 AM - 9:45 AM	Open Swim		
5:30 - 6:45 AM	<b>\$ Masters</b>	Kevin	75	0	9:45 - 10:35 AM	Aqua Moves	Heidi	50
6:45 - 10:45 AM	Open Swim			4	10:45 - 11:35 AM	Hi Lo H2O	Heidi	50
10:45 - 11:35 AM	Open Swim* (*Warm water class uses up to two lanes*)		50	2	11:35 - 4:30 PM	Open Swim		
11:35 AM - 5:25 PM	Open Swim			4	4:30 - 5:20 PM	Hi Lo H2O	Mary L	50
5:30 - 6:20 PM	Aqua Intervals	Mary L	50	1	5:20 - 10:30 PM	Open Swim		
6:30 - 7:45 PM	<b>\$ Masters</b>	Cynthia		0				
7:45 - 10:30 PM	Open Swim			4				
<b>Wednesday</b> Private Training May Reserve One Lane During Open Swim					<b>Wednesday</b>			
5:00 AM - 6:00 AM	Open Swim			4	5 AM - 10:45 AM	Open Swim		
6:00 - 7:15 AM	<b>\$ Masters</b>	Cynthia	75	0	10:45 - 11:30 AM	Aqua Moves	Heidi	45
7:15 AM - 12:00 PM	Open Swim			4	11:30 - 1:00 PM	Open Swim		
12:00 PM - 1:00 PM	<b>\$ Masters</b>	Cynthia	60	1	1:00 - 2:00 PM	Fluid Joints	Mary	60
1:00 PM - 5:30 PM	Open Swim			4	2:00 - 4:30 PM	Open Swim		
5:30 - 6:20 PM	Open Swim* (*Warm water class uses one lane*)		50	3	4:30 - 5:20 PM	Hi Lo H2O	Cindy	50
6:20 - 10:30 PM	Open Swim			4	5:30 - 6:20 PM	Aqua Zumba	Isabel	50
					6:20 - 10:30 PM	Open Swim		
<b>Thursday</b> Private Training May Reserve One Lane During Open Swim					<b>Thursday</b>			
5:00 AM - 5:30 AM	Open Swim			4	5 AM - 9:45 AM	Open Swim		
5:30 - 6:45 AM	<b>\$ Masters</b>	Kevin	75	0	9:45 - 10:35 AM	Aqua Moves	Lisa	50
6:45 - 10:45 AM	Open Swim			4	10:45 - 11:35 AM	Hi Lo H2O	Lisa	50
10:45 - 11:35 AM	Open Swim* (*Warm water class uses up to two lanes*)		50	2	11:35 - 4:30 PM	Open Swim		
11:35 AM - 5:25 PM	Open Swim			4	4:30 - 5:20 PM	Hi Lo H2O	Heidi	50
5:30 - 6:20 PM	Aqua Intervals	Heidi	50	1	5:20 - 10:30 PM	Open Swim		
6:30 - 7:45 PM	<b>\$ Masters</b>	Cynthia		0				
7:45 - 10:30 PM	Open Swim			4				
<b>Friday</b> Private Training May Reserve One Lane During Open Swim					<b>Friday</b>			
5:00 AM - 9:30 PM	Open Swim				5 AM - 11:45am	Open Swim		
					11:45a - 12:45pm	Fluid Moves	Jayne	60
					12:45 - 9:30 PM	Open Swim		
<b>Saturday</b> Private Training May Reserve One Lane During Open Swim					<b>Saturday</b>			
6:00 AM - 9:30 AM	Open Swim			4	6 AM - 9:30AM	Open Swim		
9:30 - 10:30 AM	Open Swim* (*Warm water class uses up to two lanes*)			2	9:30 - 10:20 AM	Hi Lo H2O*/ Aqua Zumba**	Mary L/ Isabel	50
11:00 AM - 7:30 PM	Open Swim			4	11:00 AM - 3:30 PM	Open Swim		
					3:30 - 5:00 PM	<b>\$ Family Swim</b>	NO LIFEGUARD	90
					5:00 - 7:30 PM	Open Swim		
<b>Sunday</b> Private Training May Reserve One Lane During Open Swim					<b>Sunday</b>			
6:00 AM - 7:30 PM	Open Swim			4	6 AM - 3:30 PM	Open Swim		
					3:30 - 5:00 PM	<b>\$ Family Swim</b>	NO LIFEGUARD	90
					5:00 - 7:30 PM	Open Swim		

\$ - These classes are fee based ♦ For class descriptions please visit [www.phfitness.com](http://www.phfitness.com)  
Questions? Contact [cynthia@phfitness.com](mailto:cynthia@phfitness.com) or [whitney.sharp@phfitness.com](mailto:whitney.sharp@phfitness.com)

## **AQUATIC GROUP EXERCISE CLASS DESCRIPTIONS**

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

**AQUA ZUMBA®** is a 45-minute class that brings the fun and excitement of Zumba® fitness into the water. Latin rhythms (merengue, salsa, reggaeton, etc.) and steps are mixed with aqua fitness moves to achieve a great training effect while toning the muscles. This class is for those interested in a high intensity workout class with reduced impact on joints and those who want to have fun while moving in the water.

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

**FLUID MOVES:** This class is a combination of Aqua Moves and Fluid Joints above. Class adjusts to the class participants

**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.

## **SWIM TRAINING**

**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. Swim all four competitive strokes or focus on what you need for your event.

**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 Cynthia@phfitness.com to help find a coach.

**TRIATHLON TRAINING:** Pinnacle offers Triathlon Training sessions. The coaches will assess your individual skills, and 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 Cynthia: cynthia@phfitness.com

## **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 Cynthia: Cynthia@phfitness.com

**FAMILY SWIM:** Immediate family members may join a Pinnacle Member for family swim. The legal guardian must accompany minors. The cost is \$5.00 per individual. Family swim is included for those with a paid Kids Kastle or Children's Membership.