



# PCC GROUP FITNESS SCHEDULE FEBRUARY 2020

MONDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:30 AM	Cycle 45	1/2/3	Erin	ER2
8:30 AM	*Fit Camp 60	1/2/3	Tess	SG
9:30 AM	Total Body Strength 60	1/2/3	Tess	ER1
9:30 AM	Cycle & Core 60	1/2/3	Sherrye	ER2
10:30 AM	Mat Pilates 60	1/2/3	Christy	CRE
11:00 AM	Yin & Yang Yoga 60	1/2/3	Tess	MPA
5:30 PM	TRX 45	1/2/3	Erin	SG
6:00 PM	Yoga Flow 60	1/2/3	Melissa	MPA
6:00 PM	Zumba 60	1/2/3	Rotation	ER1

TUESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:45 AM	Interval Training 45	1/2/3	Tess	SG
8:30 AM	*Fit Camp 60	1/2/3	Tess	SG
8:30 AM	Rip 60	1/2/3	Sherrye	ER1
8:30 AM	Cycle 45	1/2/3	Sandi	ER2
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Interval Training 60	2/3	Tess	SG
9:45 AM	Functional Cardio 45	1/2	Sherrye	ER1
10:30 AM	Barre Pilates Mix 45	1/2/3	Jessica	ER1
5:30 PM	Functional Fitness 45	1/2	Erin	ER1
6:30 PM	Barre Burn 45	1/2/3	Sandi	ER1
6:30 PM	Cycle 45	1/2/3	Erin	ER2

WEDNESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:45 AM	Cycle 45	1/2/3	Tess	ER2
8:30 AM	*Fit Camp 60	1/2/3	Tess	SG
9:00 AM	Cycle 30	1/2/3	Sherrye	ER2
9:45 AM	Total Body Strength 45	1/2/3	Sherrye	SG
9:30 AM	Mat Pilates 60	1/2/3	Jessica	CRE
9:30 AM	War 60 (Kickboxing)	1/2/3	Tess	ER1
10:30 AM	Rip 60	1/2/3	Tess	ER1
12:00 PM	Gentle Yoga 45	1/2/3	Danielle	MPA
6:00 PM	Rip 60	1/2/3	Erin	ER1
6:00 PM	Yoga Flow 60	1/2/3	Mickey	MPA

THURSDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Tess	SG
6:45 AM	Interval Training 45	1/2/3	Tess	SG
8:30 AM	*Fit Camp 60	1/2/3	Tess	SG
8:30 AM	Rip 60	1/2/3	Sandi	ER1
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Interval Training 60	2/3	Tess	SG
9:30 AM	Zumba 60	1/2/3	Lori	ER1
9:30 AM	Functional Strength 45	1/2	Mick	SG
10:30 AM	Barre Burn 45	1/2/3	Sandi	ER1
10:30 AM	Gentle Yoga 60	1/2/3	Marlene	MPA
5:30 PM	Functional Fitness 45	1/2	Mick	ER1
6:15 PM	Cycle 30	1/2/3	Megan	ER2
6:30 PM	TRX 45	1/2/3	Mick	SG

FRIDAY				
Time	Class	Level	Instructor	Room
6:00 AM	*Fit Camp 45	1/2/3	Mick	SG
6:45 AM	Interval Training 45	1/2/3	Mick	SG
8:30 AM	*Fit Camp 60	1/2/3	Rotation	SG
8:30 AM	Cycle 60	1/2/3	Sherrye	ER2
8:30 AM	HIIT Boxing 45	1/2/3	Megan	ER1
9:30 AM	Functional Walk 45	1/2	Marianne	Track
9:30 AM	Total Body Strength 60	1/2/3	Christy	ER1
10:45 AM	Barre Pilates Mix 45	1/2/3	Jessica	ER1

SATURDAY				
Time	Class	Level	Instructor	Room
8:15 AM	Cycle 60	1/2/3	Erin	ER2
9:15 AM	Interval Training 60	1/2/3	Megan	ER1
9:15 AM	Yoga Flow 60	1/2/3	Rotation	MPA
10:30 AM	Cycle 30/45	1/2/3	Megan	ER2

SUNDAY				
Time	Class	Level	Instructor	Room
8:30 AM	Cycle 60	1/2/3	Tess	ER2
9:30 AM	Rip 60	1/2/3	Tess	ER1
11:00 AM	Max Boot Camp 90	2/3	Tess	ER1

**LEGEND:** CRE—Community Room East    MPA—Multi-Purpose A  
 ER—Exercise Room 1    ER—Exercise Room 2  
 NG—North Gym    SG—South Gym

\*Fit Camp is a 6-week program. Requires registration.  
 Free to VIP members. \$20 fee members. \$40 fee non-members.

All shaded classes are included in basic membership.

# FITNESS CLASS DESCRIPTIONS

**Barre Burn** — A fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. It is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

**Barre Pilates Mix** – The perfect mix of Barre and Pilates! A low-impact, total body workout, focusing on muscular balance, form, and alignment.

**Cycle 60** – Get fit or stay fit! Achieve real results with this non-impact 60-minute cardio workout.

**Cycle 45** – Get a great cardio workout in just 45minutes!

**Cycle 30** – A great intro class that includes bike set up. Ride at your level as you ease into the fun of indoor cycling.

**Cycle & Core** – 45-minute ride followed by 15 minutes of core.

**Fit Camp** – Boot camp style class with a different focus each day. Cardio, core, upper and lower strength training for a total body training program. Perks include fitness assessments, progress tracking, weight management, nutrition tips and more. Program is run in six-week sessions. Free for VIP members, \$20 for members, \$40 for non-members. *(Class requires registration)*

**Functional Cardio** – Get your heart pumping and blood flowing with this low-impact cardio class. Improve your endurance, balance, and flexibility. Class will finish with mat work and core.

**Functional Fitness** – Move well for life! Basic movements (push, pull, squat, lunge) are incorporated in a fun environment. All levels welcome, great for beginners!

**Functional Strength** – A strength class with a focus on functional movements. Every muscle group will be worked for a total body workout.

**Functional Walk** – Take your walk to a total body workout in this fun track class. Class will consist of walking intervals, functional movements, and strength training exercises.

**Gentle Yoga** – Enjoy gentle poses and stretching along with deep relaxation.

**HIIT Boxing** — This class will cover the basic punches and moves in boxing. It is a mix of traditional boxing combinations with high intensity intervals of plyometric movements to increase your heart-rate. This class will work on cardio and strength to burn fat and add lean muscle, each class ends with a tough core exercise. (Gloves recommended.)

**Interval Training** – Get ready to challenge yourself with bursts of high-intensity movements followed by a recover period. Expect a total body workout with a mix of equipment.

**Mat Pilates** – Reform, realign and reshape your body with this multi-level Pilates mat class.

**Max Bootcamp** – 90-minutes of heart pumping, calorie burning fun! Be ready for anything in this class, including going outside!

**RIP®** – A barbell workout to strengthen and tone your entire body. The class focuses on lower weight loads and high repetitions. *(Compare to Les Mills BodyPump)*

**Total Body Strength** – A strength training class designed to target every muscle in the body. Expect a mix of weights, bands, balls, and more.

**TRX** — Get stronger and leaner as you work your whole body with suspension trainers. This workout will include upper body, lower body, and core.

**Yin & Yang Yoga** — A blend of two styles of yoga into one practice. Yin focuses on holding poses that target both the deep, dense connective tissues between muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility in the bone and joint areas. Yang Yoga is the traditional Hatha-based asana practice that develops muscular strength, stamina, flexibility, and balance.

**Yoga Flow** – Breath is linked to every movement as you flow through poses focusing on balance, flexibility, and strength.

**War (Kickboxing)** — A fusion of martial arts choreographed to chart-topping music for an exhilarating total body workout! Lace up and be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function, and flexibility. This class focuses on control and technique as you kick and punch your way to awesome results!

**Zumba®** – A fusion of Latin and international music that creates a dynamic, exciting, and effective workout. A “fitness-party” that is downright addictive!