



PCC GROUP FITNESS SCHEDULE APRIL 2022



MONDAY				
Time	Class	Level	Instructor	Room
6:00 AM	UpperBody Blast 45	1/2/3	Jocelyn	SG
6:45 AM	Cycle 45	1/2/3	Erin	ER2
9:30 AM	Total Body Strength 60	1/2/3	Christy	SG
9:30 AM	Cycle 60	1/2/3	Sherrye	ER2
10:45 AM	Mat Pilates 45	1/2/3	Christy	CRE
6:00 PM	Zumba 60	1/2/3	Lori	ER1

TUESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Total Body Burn 45	1/2/3	Kaylyn	SG
6:45 AM	Interval Training 45	1/2/3	Kaylyn	SG
8:15 AM	Rip 60	1/2/3	Sandi	ER3
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Interval Training 60	2/3	Jocelyn	SG
9:30 AM	Functional Cardio 45	1/2/3	Sherrye	ER1
10:30 AM	Barre Burn 45	1/2/3	Sandi	ER3
10:45 AM	Yoga Flow 45	1/2/3	Melissa	MPA
5:00 PM	Functional Fitness 45	1/2	Erin	ER3
6:00 PM	Cycle 45	1/2/3	Erin	ER2

WEDNESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	LowerBody Blast 45	1/2/3	Jocelyn	SG
6:45 AM	Yoga Power 45	1/2/3	Diana	MPA
8:45 AM	Cardio Burn 60	1/2/3	Christy	SG
9:00 AM	Cycle 30	1/2/3	Sherrye	ER2
9:45 AM	Total Body Strength 45	1/2/3	Sherrye	SG
9:45 AM	Yoga Flow 60	1/2/3	Melissa	MPA
5:00 PM	Rip 60	1/2/3	Erin	ER3
6:00 PM	Yoga Flow 60	1/2/3	Mickey	MPA

THURSDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Cardio Burn 45	1/2/3	Andrea	SG
6:45 AM	Interval Training 45	1/2/3	Andrea	SG
8:15 AM	RIP 60	1/2/3	Sandi	ER3
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Boot Camp 60	2/3	Jocelyn	SG
9:30 AM	Zumba 60	1/2/3	Lori	ER1
10:45 AM	Yoga Flow 45	1/2/3	Melissa	MPA

FRIDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Recovery Flow 45	1/2/3	Kaylyn	SG
6:45 AM	Interval Training 45	1/2/3	Kaylyn	SG
8:30 AM	Cycle 60	1/2/3	Sherrye	ER2
9:15 AM	Total Body Strength 60	1/2/3	Christy	SG

SATURDAY				
Time	Class	Level	Instructor	Room
8:15 AM	Cycle 60	1/2/3	Rotation	ER2
9:15 AM	Interval Training 60	1/2/3	Rotation	SG
10:00 am	Cycle 45	1/2/3	Melissa	ER2

SUNDAY				
Time	Class	Level	Instructor	Room
9:00 AM	Rip 60/TBS	1/2/3	Rotation	ER3

Legend:

CRE—Community Room East
 CRW—Community Room West
 MPA—Multi A
 TRK—Track
 M - Member

ER1—Exercise Room 1
 ER2—Exercise Room 2
 ER3—Exercise Room 3
 SG—South Gym
 NM - Non-Member

WAYS TO TAKE A CLASS

5 - Class Punch Card M \$35/NM \$45
 10 - Class Punch Card M \$70/ NM \$90
 VIP Membership—Unlimited Classes
 Starting at \$55/month

RESERVATIONS REQUIRED!

Scan the QR Code to create a PunchPass Account and reserve your spot in **ALL Group Fitness Classes.**

FITNESS CLASS DESCRIPTIONS

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

Boot Camp – A non-stop workout that will get the heart pumping and calories burning. Mix of cardio, plyometrics, strength, and core exercises. Class may go outside if weather allows.

Cardio Burn 45/60 — Your daily dose of cardio! In this class you should expect running, plyometrics (squat jumps, burpees and more!) all while using a mixture of equipment from body weight to ropes, bosu's, sand bells, step benches and more! Modifications will be offered for all fitness levels, come sweat with us!

Cycle – Get ready for a great low-impact, cardio workout! Ride at your level as you ease into the fun of indoor cycling. Classes are offered for all fitness levels.

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!

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

LowerBody Blast Bootcamp — All of your BOOT CAMP favorites mixed with a focus on lower body strength training. That's right, you'll have your burpees, running, and stairs with a side of squats, lunges, deadlifts and more of those leg day lifts. You won't be disappointed on Leg Day with this class!

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

Recovery Flow Bootcamp - Don't skip on recovery days! This class will finish out our 6:00 am Bootcamp series with a day of active recovery, focusing on full body movements with a core flow. Last 10-15 minutes of class will be focused on using foam rollers and stretching. Your body will thank you!

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

Total Body Burn Bootcamp— A total body burn with a bootcamp style is what we're after! Using a variety of equipment and exercises you should expect the burn from head to toe!

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

UpperBody Blast Bootcamp— All of your BOOT CAMP favorites mixed in with a focus on upper body strength training. Don't worry we won't skip on the burpees, running or push-ups!

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

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