

PCC GROUP FITNESS SCHEDULE

JULY 2020



MONDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:30 AM	Cycle 45	1/2/3	Erin	MR
7:15 AM	Runner's Workout 45	1/2/3	Tess	Track
8:15 AM	Interval Training 60	1/2/3	Tess	SG
9:30 AM	Total Body Strength 60	1/2/3	Tess	SG
9:30 AM	Cycle 60	1/2/3	Sherrye	MR
10:30 AM	Mat Pilates 60	1/2/3	Christy	CRE
6:00 PM	Yoga Flow 60	1/2/3	Melissa	CRE
6:00 PM	Zumba 60	1/2/3	Rotation	SG

TUESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Interval Training 45	1/2/3	Tess	SG
8:15 AM	Rip 60	1/2/3	Sherrye	SG
8:15 AM	Cycle 45	1/2/3	Tess	MR
9:30 AM	Cycle 60	1/2/3	Melissa	MR
9:30 AM	Interval Training 60	2/3	Tess	SG
9:30 AM	Functional Cardio 45	1/2	Sherrye	CRE
10:30 AM	Barre Pilates Mix 45	1/2/3	Jessica	ER1
10:45 AM	Gentle Yoga 45	1/2/3	Tess	CRE
5:30 PM	Functional Fitness 45	1/2	Erin	SG
6:30 PM	Cycle 45	1/2/3	Erin	MR

WEDNESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Cycle 45	1/2/3	Tess	MR
8:15 AM	Interval Training 60	1/2/3	Tess	SG
9:00 AM	Cycle 30	1/2/3	Sherrye	MR
9:30 AM	War 60 (Kickboxing)	1/2/3	Tess	CRE
9:45 AM	Total Body Strength 45	1/2/3	Sherrye	SG
10:30 AM	Mat Pilates 60	1/2/3	Jessica	CRE
10:45 AM	Rip 60	1/2/3	Tess	SG
12:00 PM	Gentle Yoga 45	1/2/3	Danielle	CRE
6:00 PM	Rip 60	1/2/3	Erin	SG
6:00 PM	Yoga Flow 60	1/2/3	Mickey	CRE

THURSDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Interval Training 45	1/2/3	Tess	SG
8:15 AM	Rip 60	1/2/3	Tess	SG
8:15 AM	Cycle 45	1/2/3	Erin	MR
9:30 AM	Cycle 60	1/2/3	Melissa	MR
9:30 AM	Outdoor Boot Camp 60	2/3	Tess	CRE
9:30 AM	Zumba 60	1/2/3	Lori	SG
10:45 AM	Arms & Abs 45	1/2/3	Tess	SG

FRIDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Mick	SG
6:45 AM	Friday Fun & Fit 45	1/2/3	Mick	SG
8:30 AM	Cycle 60	1/2/3	Sherrye	MR
9:15 AM	Total Body Strength 60	1/2/3	Christy	SG
9:30 AM	Functional Strength 45	1/2	Mick	CRE
10:30 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	MR
9:15 AM	Interval Training 60	1/2/3	Rotation	SG

SUNDAY				
Time	Class	Level	Instructor	Room
8:30 AM	Cycle 60	1/2/3	Tess	MR
9:45 AM	Rip 60	1/2/3	Tess	SG
11:00 AM	Outdoor Boot Camp 90	2/3	Tess	SG

Shaded classes are included with a basic membership.

CRE—Community Room East MR—Meeting Room
ER—Exercise Room 1 SG—South Gym

Reservations are required for all group fitness classes.

Please sign up for classes ahead of time at:

pinecommunitycenter.punchpass.com

(Members will need to create an account before they can sign up for classes.)

FITNESS CLASS DESCRIPTIONS

Arms & Abs – Tone your arms and sculpt your abs in this fun and challenging 45-minute class. Expect a variation of exercises and training tools to be used.

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.

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.

Friday Fun & Fit – Start your Friday off strong! Expect a fun workout with a mix of cardio, strength, and core

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.

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

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.

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

Outdoor Boot Camp – Get ready to sweat outdoors! This non-stop workout will get your heart pumping and muscles screaming. Expect a challenging workout with a mix of cardio and strength. Class will meet inside and head outdoors together if weather permits!

Runner's Workout – Calling all runners! This class combines interval training with injury-prevention strength exercises. All levels are welcome. The run portion of class will be outdoors or on the indoor track.

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

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!

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!