

# PAC Group Ex Schedule



**EFFECTIVE: Dec. 1, 2011**

## MONDAY

5:15 Body Pump (S1)	Angi
5:15 Spinning (SS)	Julie
7:15 Deep H2O Running (pool)	Joan
8:05 Ab Lab (S1)	Anne
8:30 Spinning (SS)	Anne
8:30 Aqua Fitness (pool)	TBA
8:30 Zumba (S1)	Ashley St.
8:30 Step-n-Circuit (CS)	Denise
9:40 Body Pump (S1)	Angi
9:40 Centered Yoga (MB)	Cindy
10:00 Y.E.S. Circuit (CS)	Kathy
12:00 Spinning (SS)	Anne
4:30 Shred It (S1)	Denise
4:30 Spinning (SS)	Anne
5:15 Killer Core (S1)	Justin
5:30 PAC Attack (S1)	Heather
5:30 FF Yoga (MB)	Diane
6:00 Spinning (SS)	Sharon
6:15 Aqua Fitness (pool)	TBA
7:00 Body Pump (S1)	Sharon

## TUESDAY

5:00 Spinning (SS)	Charlie
5:15 Vinyasa Yoga (MB)	Jane
5:15 BC'11 (Gym)	Julie
6:30 Spinning (SS)	Brent
8:30 Yoga (MB)	Teri
8:30 20-20-20 (CS)	Denise
8:30 Pure Strength (S1)	Anne
9:30 Spinning (SS)	Julie
9:45 Pilates Sculpt (MB)	Tiffoney
12:00 Pure Strength (S1)	Anne
4:30 Fat Burn Fusion (S1)	Denise
5:30 Pilates Sculpt (MB)	Kim
5:30 R.I.P.P.E.D. (S1)	Julie
6:00 Spinning (SS)	Ashley F
6:40 Zumba (S1)	Tina

## WEDNESDAY

5:15 Spinning (SS)	Alicia
7:15 Deep H2O Running	Joan
8:05 Ab Lab (S1)	Mindy
8:30 Spin & Sculpt (SS)	Michelle
8:30 BC '11 (Gym)	Anne
8:30 Aqua Fitness (Pool)	TBA
8:30 Zumba (S1)	Ashley S.
8:30 Step-n-Circuit (CS)	Denise
9:40 Body Pump (S1)	Julie
9:30 Gentle Yoga (MB)	Teri
10:00 Y.E.S. Circuit (CS)	Kathy
10:45 Yoga 4 Seniors, etc (MB)	Tiffoney
12:00 Spinning (SS)	Anne
4:30 Shred It (S1)	Anne
4:30 Spinning (SS)	Kristin
5:15 Killer Core (S1)	Justin
5:30 R.I.P.P.E.D. (S1)	Mindy
5:30 Gentle Yoga (MB)	Marybeth
6:00 Spinning (SS)	Sharon
6:15 Aqua Fitness (pool)	TBA
6:45 Nia (S1)	Kate

## THURSDAY

5:00 Spinning (SS)	Charlie
5:15 Vinyasa Yoga (MB)	Jane
5:15 BC '11 (Gym)	Julie
6:30 Spinning (SS)	Brent
8:30 Yoga (MB)	Jane
8:30 20-20-20 (CS)	Denise
8:30 Pure Strength (S1)	Anne
9:30 Spinning (SS)	Cindy
9:45 Pure Pilates (MB)	Natalie
10:00 Y.E.S. Circuit (CS)	Kathy
12:00 Body Pump (S1)	Angi
4:30 Tear it UP Thur. (S1)	Denise
5:30 Body Pump (S1)	Sharon
5:30 Pilates (MB)	TBA
6:00 Spinning (SS)	Kristin
6:15 Aqua Fitness (pool)	TBA
6:40 Zumba (S1)	Tina

## FRIDAY

5:15 Body Pump (S1)	Angi
5:15 Spinning (SS)	Julie
7:15 Deep H2O Running (pool)	Joan
8:05 Killer Core (S1)	Justin
8:30 Spin & Sculpt	Michelle
8:30 Aqua Fitness (pool)	TBA
8:40 CSI (S1)	Anne
8:30 Step-n-Circuit (CS)	Denise
9:40 BC '11 (Gym)	Denise
9:40 Body Pump (S1)	Julie
9:00 Simply Yoga (MB)	Teri
10:00 Y.E.S. Circuit (CS)	Kathy
10:45 Yoga 4 Seniors, etc. (MB)	Tiffoney
10:45 Nia (S1)	Kate
12:00 Spinning (SS)	Anne

## SATURDAY

7:10 Spinning (SS)	Brent
8:30 Spinning (SS)	Charlie
8:30 Pilates (MB)	Michelle
9:00 Body Pump (S1)	Mindy
9:00 Aqua Fitness (pool)	TBA
10:00 Spinning (SS)	Michelle
10:00 Vinyasa Yoga (MB)	Jane
10:00 Deep Water Express (pool)	Joan
11:30 Zumba (S1)	Ashley S.

## SUNDAY

9:30 Spinning (SS)	TBA
3:00 Body Pump (S1)	Reece
4:00 Spinning (SS)	Sharon

**\*You must be at least 14 years of age to participate in group ex classes.**

Classes and instructors are subject to change. Visit our website at [www.thepac.com](http://www.thepac.com) for updated scheduling.

You must sign up for a bike for Spinning classes at the front desk. The sign up sheet will be available 30 minutes prior to the class. You can make a spin reservation 24 hours in advance for a \$2.00 fee.

### LOCATION KEY

(S1)=Studio 1  
 (SS)=Spinning Studio  
 (CS)=Circuit Training Studio  
 (MB)=Mind & Body Studio  
 (Pool)=8 Lane Pool



# GroupExercise Class Descriptions

All classes are beginner friendly unless indicated otherwise.

## Ab Lab:

Target all of the abdominal and back muscles for better posture and an overall stronger core in this 20-minute express session.

## Aqua Fitness:

Work cardio & strength with minimal impact on your joints. These in-the-water classes create a challenging and fun atmosphere. Shake-up your routine, hit the water, and enjoy the variety. (Evening classes are in 6 lane pool)

## BODY PUMP™:

This is a group strength training class set to music using plate-loaded barbells. This 60-minute workout will give you the results you're looking for.

## BC '11 (Bootcamp 2011):

You'll complete a full body training session alternating from cardio to strength to endurance.

## Centered Yoga:

This class focuses on the development of core strength, alignment and flexibility.

## CSI: (Cardio Strength Interval):

Cardio and strength intervals using a variety of equipment to keep your interest level and your heart rate up! Guaranteed to be a great workout in a fun atmosphere!

## Deep Water Running:

Runners cross-train in the pool while minimizing injury risk. This challenging program combines tethered sprinting with interval training. Explosive plyometrics drills complete this innovative, calorie-burning class. (Express class is a 30 minute version)

## Fat Burn Fusion:

You set the pace as you switch up your workout with weights, balls and bands. It's all here along with plenty of timeless moves like push-ups, sit-ups, and old-school calisthenics designed to define, condition, and strengthen all major muscle groups.

## Friendly Flow Yoga:

This class accommodates mixed-level students by incorporating various types of yoga techniques. Primary focus is on the development of core strength, endurance, alignment, and flexibility using flowing movements.

## Gentle Yoga:

The perfect way to begin your yoga practice with a solid foundation. This class introduces postures and breathing techniques that gradually build flexibility and strength.

## Killer Core:

Get ready for a Killer Core workout with Justin Finley! This workout will define your abs and strengthen your back resulting in a healthier posture. Join us as you challenge your core like never before. 20-minute morning classes, 15-minute evening classes

## Nia:

Nia is a non-impact cardiovascular workout that combines dance, martial arts, and yoga. Uplifting, soul-stirring music helps guide your body to move in a way that is natural for you through form and freedom. Experience this powerful and pleasurable way to de-stress, condition, and just have fun in Sensational Sensation!

## PAC Attack:

Do you have problem areas you need to attack? Well, come kick your rear in gear with this energetic cardio kickboxing experience. Burn maximum calories through basic kickboxing moves, punches and kicks. All levels welcome!

## Pilates:

Pilates Sculpt: Includes the use of bands, hand weights and balls.

Pure Pilates: Pilates is a series of controlled movements designed to enhance strength, flexibility, control, balance and fluid of movement. The emphasis is on conditioning the center core of your body.

## Pure Strength:

Perfect for those participants who want to go into the weight room but are uncomfortable to do so. This class is designed to promote strength with some endurance gains and allows participants to move at their own pace.

## R.I.P.E.D.

This is a high-energy group workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance all to music. (Intermediate level)

## Shred It!:

A fierce calorie burning workout! Your muscular strength and endurance will be tested when combined with weight lifting, push ups, squats and bursts of cardio drills. (30-45 min.)

## Simply Yoga:

This 90 minute class is open to all levels. The first hour will focus on level 1 to 2 yoga poses with options offered to suit the beginner as well as the seasoned practitioner. The last 30 minutes will explore a few poses more deeply or introduce more advanced poses to those who are ready. Anyone wishing to bypass the last half hour is free to leave after the hour is up. This class will have rotating instructors throughout the month to provide the widest array of instruction possible.

## SPINNING:

A 55-minute cardiovascular workout on a stationary bike set to music. A resistance knob on the bike dictates the intensity of the ride, so each student can ride at their own level.

Variations: Spin & Sculpting w/weights

## Step-N-Circuit::

A high energy class alternating strength and cardio to maximize the most efficient workout. Focus on fun, technique, core and improve your bodies metabolism. Great for Baby Boomers!

## Tear it UP Thursdays:

It's Thursday, lets get ready for the weekend with a great high intensity interval workout. You will be alternating cardio intervals with strength training—all while working at your own pace...so come and "TEAR IT UP"!

## Yoga:

This class is inviting for all fitness levels and is perfect for anyone looking to improve their strength, flexibility, and athletic performance.

## Vinyasa Yoga:

An invigorating way to start the day! This class combines strength, balance and flexibility in flow-style series of postures and is taught in a warm studio.

## Yoga 4 Seniors, etc.:

This class focuses on the development of core strength, alignment, balance, flexibility and breathing techniques for the mature adult and for those who have fibromyalgia, joint problems, and post-surgical issues. \*\*Chairs are available for those not able to get onto the floor comfortably.

## Y.E.S. Circuit (Young Energetic Seniors):

This total body workout combines cardiovascular, strength, and endurance in one exercise session using a complete Strive Circuit.

## ZUMBA:

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The goal is simple: we want you to want to work out, to love working out, to get hooked.

## 20-20-20:

20 minutes of CARDIO (w/or w/out step); 20 minutes of STRENGTH using free weights and Strive machines; 20 minutes of CORE to strengthen your back and abs, while integrating rotational balance training.

**\*All GROUP EXERCISE PARTICIPANTS MUST BE 14 YEARS OF AGE TO ATTEND.**