



FALL 2008 Revised 10/08

PAC GROUP EXERCISE SCHEDULE

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00A		Spinning 5:00 am (SS)		Spinning 5:00 am (SS)		
	Body Pump™ 5:30 am (S1)	Power Flow Yoga 5:15 am (MB)	Spinning 5:30 am (SS)	Power Flow Yoga 5:15 am (MB)	Body Pump™ 5:30 am (S1)	
	Spinning 5:30 am (SS)				Spinning 5:30 am (SS)	
6:00A		Spinning 6:30 am (SS)		Spinning 6:30 am (SS)		
7:00A						Spinning 7:10 am (SS)
8:00A	Killer Core 8:00 am (S1)		Killer Core 8:00 am (S1)		Killer Core 8:00 am (S1)	
	Spin Journey 8:15 am (SS)					
	Aquacise 8:30 am (Pool)	Aquacise 8:30 am (Pool)	Aquacise 8:30 am (Pool)	Aquacise 8:30 am (Pool)	Aquacise 8:30 am (Pool)	
	Zumba™ 8:30 am (S1)	Cardio Sculpt 8:30 am (S1)	Bootcamp 8:30 am (S1)	Power Sculpt 8:30 am (S1)	Cardio Sculpt 8:30 am (S1)	
			Spinning 8:30 am (SS)	Yoga-4-Athletes 8:30 am (MB)	Spinning 8:30 am (SS)	Spinning 8:25 am (SS)
	Circuit Training 8:45 am (CS)	Step-N-Circuit 8:45 am (CS)	Circuit Training 8:45 am (CS)	Step-N-Circuit 8:45 am (CS)	Circuit Training 8:45 am (CS)	Pilates 8:45 am (MB)
9:00A	Body Pump 9:35 am (S1)	Spinning 9:30 am (SS)	Body Pump™ 9:35 am (S1)	Spinning 9:30 am (SS)	Body Pump™ 9:35 am (S1)	Body Pump 9:00 am (S1)
	Gentle Yoga 9:40 am (MB)	Yoga-4-Athletes 9:40 am (MB)	Gentle Yoga 9:40 am (MB)	Pure Pilates 9:45 am (MB)	Center Flow Yoga 9:40 am (MB)	Aquacise 9:00 am (Pool)
	Spinning 9:40 am (SS)	Pilates on the Ball 9:45 am (S1)	Spinning 9:40 am (SS)	Zumba™ 9:30 am (S1)		Spinning 9:30 am (SS)
10:00A	Y.E.S. Circuit Training 10:00 am (CS)		Y.E.S. Circuit Training 10:00 am (CS)	Y.E.S. Balls & Balance 10:30 am (S1)	Y.E.S. Circuit Training 10:00 am (CS)	Yoga-4-Athletes 10:00 am (MB)
			Y.E.S. Yoga 10:45 am (S1)		Y.E.S. Yoga 10:45 am (S1)	Yoga-4-Kids 10:00 am (CR)
						Step & Cardio 10:00 am (S1)
						Spinning 10:35 am (SS)
12:00P	Spinning 12:00 pm (SS)	Body Pump™ 12:00 pm (S1)	Spinning 12:00 pm (SS)	Body Pump™ 12:00 pm (S1)	Spinning 12:00 pm (SS)	
4:00P	Turbo Kick™ 4:40 pm (S1)	Boot Camp 4:40 pm (S1)	Turbo Kick™ 4:40 pm (S1)	B3 Boot Camp 4:40 pm (S1)	Spinning 4:30 pm (SS)	
5:00P	Friendly Flow Yoga 5:30 pm (MB)	Body Pump™ 5:30 pm (S1)	Friendly Flow Yoga 5:30 pm (MB)	Body Pump 5:30 pm (S1)		
	Jazzercise 5:30 pm (S1)	Pure Pilates 5:30 pm (MB)	Jazzercise 5:30 pm (S1)	Pilates Sculpt 5:30 pm (MB)		
	Spinning 5:30 pm (SS)		Spinning 5:30 pm (SS)			
		Aquacise 5:45 pm (Pool)		Aquacise 5:45 pm (Pool)		
						SUNDAY
6:00P	Work-It Circuit 6:00 pm (CS)	Spinning 6:00 pm (SS)	Work-It Circuit 6:00 pm (CS)	Spinning 6:00 pm (SS)		Spinning 9:30 am (SS)
	Aquacise 6:00 pm (Pool)		Aquacise 6:00 pm (Pool)			Body Pump™ 3:00 pm (S1)
	Spinning 6:30 pm (SS)		Spinning 6:30 pm (SS)			Spinning 4:00 pm (SS)
	Body Pump™ 6:30 pm (S1)		PiYo™ 6:45 pm (MB)	Body Pump™ 6:30 pm (S1)		
			Body Pump™ 6:45 pm (S1)			

CLUB HOURS

Monday thru Thursday: 4:45 am—10:00 pm
 Friday: 4:45 am—9:00 pm
 Saturday: 7:00 am—7:00 pm
 Sunday: 9:00 am—6:00 pm

PLAYLAND HOURS

Monday thru Thursday: 8am—8pm
 Friday: 8am—7pm
 Saturday: 8am—2pm
 Sunday: 2pm—5pm

LOCATION KEY

(S1) = Studio 1 (SS) = Spinning Studio
 (CS) = Circuit Training Studio (MB) = Mind & Body Studio
 (Pool) = 8-Lane Pool (CR) = Upstairs Conference Room