



SUMMER 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00A	SPINNING® 5:15 am (SS) JULIE	SPINNING® 5:00 am (SS) CHARLIE	SPINNING® 5:15 am (SS) ALICIA	SPINNING® 5:00 am (SS) CHARLIE	SPINNING® 5:15 am (SS) JULIE	SPINNING® 7:10 am (SS) BRENT
		Vinyasa-Style Yoga 5:15 am (MB) JANE		Vinyasa-Style Yoga 5:15 am (MB) JANE		SPINNING® 8:30 am (SS) CHARLIE
5:30A	BODY PUMP™ 5:15 am (S1) ANGI	Bootcamp X-Press 5:15 am (S1) JULIE		Bootcamp X-Press 5:15 am (S1) JULIE	BODY PUMP™ 5:15 am (S1) ANGI	Pilates 8:30 am (MB)
6:30A		SPINNING® 6:30 am (SS) BRENT		SPINNING® 6:30 am (SS) BRENT		BODY PUMP™ 8:45 am (S1) MINDY
7:00A	Deep Water Running 7:00 am (Pool) JOAN		Deep Water Running 7:00 am (Pool) JOAN			Aqua Fitness 9:00 am (Pool) JOAN
8:00A	Killer Core 8:00 am (S1) JUSTIN		Killer Core 8:00 am (MB) JUSTIN		Killer Core 8:00 am (S1) JUSTIN	Vinyasa Flow Yoga 10:00 am (MB) MARIANNE
	Aqua Fitness 8:00 am (Pool)	Aqua Fitness 8:00 am (Pool)	Aqua Fitness 8:00 am (Pool)	Aqua Fitness 8:00 am (Pool)	Aqua Fitness 8:00 am (Pool)	Cardio Explosion! 10:00 am (S1) KIM L.
8:30A	SPINNING® 8:30 am (SS) ANNE		SPINNING® JOURNEY 8:30 am (SS) CINDY		SPINNING® JOURNEY 8:30 am (SS) CINDY	SPINNING® 10:00 am (SS) MICHELLE
	ZUMBA® 8:30 am (S1) EMILIANA	Pure Strength 8:15 am (S1) EMILIANA	Bootcamp 8:30 am (S1) ANNE	Pure Strength 8:15 am (S1) EMILIANA	Cardio Pumpin' 8:30 am (S1) INGRID	Deep Water Running 10-10:30am (Pool) JOAN
	Chizel-ates 8:30 am (MB) KIM W.	Yoga 8:30 am (MB) TERI		Yoga 8:30 am (MB) JANE		Y4F Strength & Balance 10:30 am (Gym) BRIAN
	Step-N-Circuit 8:45 am (CS) KAT	20-20-20 8:30 am (CS) KAT	Step-N-Circuit 8:45 am (CS) KAT	20-20-20 8:30 am (CS) KAT	Step-N-Circuit 8:45 am (CS) KAT	Cardio Dance 11:30am (S1)
9:00A	Y4F Aqua 9:15 am (Pool)		Y4F Aqua 9:15 am (Pool)			SUNDAY
	SPINNING® JOURNEY 9:40 am (SS) CINDY	SPIN® N SCULPT 9:30 am (SS) JULIE	SPINNING® & RUNNING 9:40 am (SS) ANNE	SPINNING® 9:30 am (SS) JULIE	Bootcamp 9:30 am (Gym) DENISE	SPINNING® 9:30 am (SS) BRENT/SHARON
	BODY PUMP™ 9:40 am (S1) ANGI	Cardio Combat 9:30 am (S1) INGRID	BODY PUMP™ 9:40 am (S1) JULIE	ZUMBA® 9:30 am (S1) EMILIANA	BODY PUMP™ 9:40 am (S1) JULIE	BODY PUMP™ 3:00 pm (S1) REECE
	Centered Yoga 9:40 am (MB) TARA	Pilates Sculpt 9:45 am (MB) TIFFONEY	Gentle Yoga 9:40 am (MB) CINDY	Pure Pilates 9:45 am (MB) NATALIE	Centered Level 2/3 9:40 am (MB) TARA	SPINNING® 4:00 pm (SS) SHARON
10:00A			Y.E.S. Circuit 10:00 am (CS) KATHY M.	Cardio Combat 10:30 am (S1) INGRID	Y.E.S. Circuit 10:00 am (CS) KATHY M.	
	Y.E.S. Circuit 10:00 am (CS) KATHY M.		Y.E.S. Yoga 10:45 am (S1) TIFFONEY	Y.E.S. Circuit 10:00 am (S1) KATHY M.	Y.E.S. Yoga 10:45 am (S1) TIFFONEY	
10:30A		Y4F Grab-Bag 10:30 am (S1) ANNE				
NOON	SPINNING® 12:00 pm (SS) ANNE	BODY PUMP™ 12:00 pm (S1) REECE	SPINNING® 12:00 pm (SS) ANNE	BODY PUMP™ 12:00 pm (S1) ANGI	SPINNING® 12:00 pm (SS) BRENT	
4:15P		Y4F Strength & Balance 4:15 pm (Gym) BRIAN		Y4F Strength & Balance 4:15 pm (Gym) BRIAN		
4:30P	SPINNING® 4:30 pm (SS) INGRID	Cardio Pumpin' 4:30 pm (S1) INGRID	SPINNING® 4:30 pm (SS) MICHELLE			
5:15P	Killer Core 5:00 pm (S1) JUSTIN		Shred It/Killer Core 4:30 pm (S1) INGRID/JUSTIN			
5:30P	Cardio Combat 5:30 pm (S1) INGRID	BODY PUMP™ 5:30 pm (S1) REECE	Cardio Combat 5:30 pm (S1) INGRID	BODY PUMP™ 5:30 pm (S1) SHARON		
	Friendly Flow Yoga 5:30 pm (MB) MARIANNE	Pilates Sculpt 5:30 pm (MB) KIM L.	Friendly Flow Yoga 5:30 pm (MB) MARIANNE	Pilates Sculpt 5:30 pm (MB) INGRID		
6:00P	Aqua Fitness 6:00 pm (Pool)	Aqua Fitness 6:00 pm (Pool)	Aqua Fitness 6:00 pm (Pool)	Aqua Fitness 6:00 pm (Pool)		
		1-2-3 Strive® 5:30 pm (CS) DENISE				
	SPINNING® 6:00 pm (SS) SHARON	SPINNING® 6:00 pm (SS) JUDITH	SPINNING® 6:00 pm (SS) SHARON	SPINNING® 6:00 pm (SS) MICHELLE		
6:30P	MIND/BODY FUSION 6:40 pm (MB) INGRID	ZUMBA® 6:40 pm (S1) EMILIANA	MIND/BODY FUSION 6:40 pm (MB) INGRID	ZUMBA® 6:40 pm (S1) EMILIANA		
	BODY PUMP™ 7:00 pm (S1) SHARON		BODY PUMP™ 7:00 pm (S1) MINDY			

CLASS	DESCRIPTION
Aqua Classes (Aquacise, Aqua Power Hour, Aqua Bootcamp)	Work cardio & strength with minimal impact on your joints. These in-the-water classes create a challenging and fun atmosphere. Break up your routine, hit the water and enjoy the variety! (BF)
BODY PUMP™	This is a group strength training class set to music using plate-loaded barbells. This 60 min. workout will give you the results you're looking for fast! (BF)
Bootcamp (Express)	You'll complete a full body training session alternating from cardio to strength to endurance! (BF) (I)
Cardio Combat	Inspired by martial arts, this class has powerful pumping music that will help you unleash for a fierce workout experience. (BF) (I)
Cardio Explosion!	A little bit of step with hi/lo impact moves and a variety of sculpting exercises using weights, bands & balls. (BF)
Cardio Pumpin'	This class combines a variety of high intensity cardio moves and full body sculpting exercises. (BF)
Centered Yoga Level 2/3	This class focuses on the development of core strength, endurance, alignment and flexibility and incorporates more difficult postures such as inversions and back bends. (A) <i>This is not a beginner friendly class.</i>
Chisel-ates	This total body toning class will challenge you to the core with the use of weights, tubing, balls etc. (BF)
Deep Water Running	Runners cross train in the pool while minimizing injury risk. This challenging program combines tethered sprinting with interval training. Explosive plyometric drills complete this innovative calorie burning class. (BF)
Friendly Flow Yoga	This class accommodates mixed level students by incorporating various types of yoga styles. This class focuses on the development of core strength, endurance, alignment and flexibility using flowing movements. (BF)
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. (BF)
Killer Core	Get ready for a Killer Core workout with Justin! This workout will define your abs and strengthen your back resulting in a healthier lifestyle. So join us as you challenge your core like never before! (BF)
Mind/Body Fusion	This workout includes Tai Chi, Yoga, Pilates, Stretching as well as time to Meditate. Your body and mind will feel centered and refreshed after a series of poses, stretches and controlled breathing. (BF)
Pilates Sculpt	The emphasis is on conditioning the core of your body, your personal powerhouse, from which all movements radiate. Includes the use of bands, hand weights and balls. (BF)
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. (BF)
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 move at their own pace. (BF)
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. (I) (A)
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. (BF) <i>VARIATIONS: Spin Journey = Spin + Yoga; Spin N Sculpt = Spin + Sculpting w/ weights; Spinning & Running = Spin + Running on track or treadmills.</i>
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. (BF)
Strength & Soul	This class is inviting for all fitness levels and is perfect for anyone looking to improve their strength, flexibility and athletic performance. (BF)
Yoga	This class is inviting for all fitness levels and is perfect for anyone looking to improve their strength, flexibility and athletic performance. (BF)
Vinyasa-Style Power 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 room. (BF)
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. (BF)
Y.E.S. Yoga (Young Energetic Seniors)	This class focuses on the development of core strength, alignment, balance, flexibility and breathing techniques for the mature adult. *** Chairs are available for those not able to get onto the floor comfortably. (BF)
Y4F Grab Bag	This Youth-4-Fitness (ages 7-12) class is an overall fitness experience that will keep your kids guessing! (BF)
Y4F Strength & Balance	This Youth-4-Fitness (ages 7-12) class introduces fun, kid-friendly speed, agility and coordination drills! (BF)
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. (BF)
20-20-20	20 minutes of CARDIO (w/ -or- w/o 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. (BF)
1-2-3 Strive®	A high energy class alternating strength and cardio utilizing the Strive® machines. If you want make the most of your time at the gym...this is the class for you!

<p align="center">CLUB HOURS</p> <p>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</p>	<p align="center">PLAYLAND HOURS</p> <p>Monday thru Thursday: 8am—8pm Friday: 8am—6pm Saturday: 8am—2pm Sunday: Closed</p>	<p align="center">LOCATION KEY</p> <p>(S1) = Studio 1 (SS) = Spinning Studio (CS) = Circuit Training Studio (MB) = Mind & Body Studio (Pool) = 8-Lane Pool (CR) = Upstairs Conference Room</p>
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<p align="center">LEVEL KEY</p> <p>(BF) = Beginner Friendly (I) = Intermediate (A) = Advanced</p>
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<p align="center">CONTACT INFO</p> <p align="center">Call (985) 626-3706 Visit www.thepac.com</p>
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