

PAC GROUP EXERCISE SCHEDULE

FALL 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00A	Spinning 5:15am (SS) Julie	Spinning 5:00am (SS) Charlie	Spinning 5:15am (SS) Alicia	Spinning 5:00am (SS) Charlie	Spinning 5:15am (SS) Julie
	Body Pump 5:15am (S1) Angie	Vinyasa Style Yoga (MB) Jane		Vinyasa Style Yoga (MB) Jane	Body Pump 5:15am (S1) Angie
		Bootcamp X-Press 5:15am (S1) Julie		Bootcamp X-Press 5:15am (S1) Julie	
6:30A		Spinning 6:30am (SS) Brent		Spinning 6:30am (SS) Brent	
7:00A	Deep Water Running 7:15am (pool) Joan		Deep Water Running 7:15am (pool) Joan		Deep Water Running 7:15am (pool) Joan
8:00A	Killer Core 8:00am (S1) Justin	Pure Strength 8:15am (S1) Emiliana	Killer Core 8:00am (S1) Justin	Pure Strength 8:15am (S1) Emiliana	Killer Core 8:00am (S1) Justin
8:30A	Aqua Fitness 8:30am (pool)	Aqua Fitness 8:30am (pool)	Aqua Fitness 8:30am (pool)	Aqua Fitness 8:30am (pool)	Aqua Fitness 8:30am (pool)
	Spinning 8:30am (SS) Anne	Yoga 8:30am (MB) Teri	Spinning Journey 8:30am (SS) Michelle	Yoga 8:30am (MB) Jane	Spinning Journey 8:30am (SS) Michelle
	Zumba 8:30am (S1) Emiliana	20-20-20 8:30am (CS) Kat	Bootcamp 8:30am (S1) Anne	20-20-20 8:30am (CS) Kat	Cardio Pumpin 8:30am (S1) Ingrid
	Step-N-Circuit 8:45am (CS) Kat		Step-N-Circuit 8:45am (CS) Kat		Step-N-Circuit 8:45am (CS) Kat
9:00A	Spinning Journey 9:40am (SS)	Spin-N-Sculpt 9:30am (SS) Julie	Spinning & Running 9:40am (SS) Anne	Spinning 9:30am (SS) Julie	Bootcamp 9:30am (gym) Denise
	Body Pump 9:40am (S1) Angi	Cardio Combat 9:30am (S1) Ingrid	Body Pump 9:40am (S1) Julie	Zumba 9:30am (S1) Emiliana	Body Pump 9:40am (S1) Julie
	Centered Yoga 9:40am (MB) Tara	Pilates Sculpt 9:45am (MB) Tiffoney	Gentle Yoga 9:40am (MB)	Pure Pilates 9:45am (MB) Natalie	Centered Yoga (2/3) 9:40am (MB) Tara
10:00A	Y.E.S. Circuit 10:00am (CS) Kathy		Y.E.S. Circuit 10:00am (CS) Kathy	Y.E.S. Circuit 10:00am (CS) Kathy	Y.E.S. Circuit 10:00am (CS) Kathy
			Y.E.S. Yoga 10:45am (S1) Tiffoney		Y.E.S. Yoga 10:45am (S1) Tiffoney
Noon	Spinning 12:00pm (SS) Anne	Body Pump 12:00pm (S1)	Spinning 12:00pm (SS) Anne	Body Pump 12:00pm (S1) Angi	Spinning 12:00pm (S1) Brent
4:00P	Y4F 4:15pm (gym) Ingrid	Y4F 4:15pm (gym) Brian	Y4F 4:15pm (gym) Anne	Y4F 4:15pm (gym) Brian	
	Spinning 4:30pm (SS) Anne	Cardio Pumpin 4:30pm (S1) Ingrid	Spinning 4:30pm (SS) Kristin		
			Shred It 4:30pm (S1) Ingrid		
5:00P	Killer Core 5:00pm (S1) Justin	Body Pump 5:30pm (S1) Reece	Killer Core 5:00pm (S1) Justin	Body Pump 5:30pm (S1) Sharon	
	Cardio Combat 5:30pm (S1) Ingrid	Pilates Sculpt 5:30pm (MB) Kim	Cardio Combat 5:30pm (S1) Ingrid	Pilates Sculpt 5:30pm (MB)	
	Friendly Flow Yoga 5:30pm (MB) Marianne	1-2-3 Strive 5:30pm (CS) Denise	Gentle Yoga 5:30pm (MB) Marianne		
6:00P	Aqua Fitness 6:00pm (pool)	Aqua Fitness 6:00pm (pool)	Aqua Fitness 6:00pm (pool)	Aqua Fitness 6:00pm (pool)	
	Spinning 6:00pm (SS) Sharon	Spinning 6:00pm (SS) Judith	Spinning 6:00pm (SS) Sharon	Spinning 6:00pm (SS) Kristin	
	Mind/Body Fusion 6:40pm (MB) Ingrid	Zumba 6:40pm (S1) Emiliana	Mind/Body Fusion 6:40pm (MB) Ingrid	Zumba 6:40pm (S1) Emiliana	
7:00P	Body Pump 7:00pm (S1) Sharon		Body Pump 7:00pm (S1) Mindy		

Saturday
Spinning 7:10am (SS) Brent
Spinning 8:30am (SS) Charlie
Pilates 8:30am (MB) Tiffoney
Body Pump 9:00am (S1) Mindy
Aqua Fitness 9:00am (pool) Joan
Vinyassa Flow Yoga 10:00am (MB) Marianne
Cardio Explosion 10:00am (S1) Kim
Spinning 10:00am (SS) Michelle
Deep Water Running 10—10:30am (pool) Joan
Y4F S&B 10:30am (gym) Brian

Zumba 11:30am (S1) Heather

Sunday
Spinning 9:30am (SS) Brent/Sharon
Body Pump 3:00pm (S1) Reece
Spinning 4:00pm (SS) Sharon

Effective September 1, 2010

 = **Class Changes**

Please Note: Classes and instructors are subject to change without notice.

Contact Info:
Call (985) 626-3706

Visit www.thepac.com

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 (TM)	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) This is not a beginner friendly class.
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. (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)
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 to 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) VARIATIONS: Spin Journey = Spin + Yoga; Spin N Sculpt = Spin + Sculpting w/weights; Spinning & Running = Spin + Running on the track or treadmills.
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)
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 to make the most of your time at the gym...this is the class for you!

.....CLUB HOURS.....

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

.....PLAYLAND HOURS.....

Monday thru Thursday: 8am-8pm
Friday: 8am-6pm
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

.....LEVEL KEY.....

(BF)=Beginner Friendly (i)=Intermediate (A)=Advanced