

# FIT "4" THE HOLIDAYS (December 2016)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Commit to stay FIT through the Holidays with 30 Days of Unlimited Fitness Classes!</b> Member \$20 Non-member \$50 Available for purchase between 11/25-12/15* *Pass valid for 30 days from purchase date				<b>1</b> *6:15am Fit N' Focused *7:00 am Fit N' Focused *8:15 am Cycle *9:00 am RIP 9:30 am Zumba 9:30 am Boot Camp 10:00 am Gentle Yoga **5:30 pm Functional Fit 6:15 pm Zumba	<b>2</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 9:00 am Gentle Flow 9:30 am TBS 10:00 am PiYo	<b>3</b> **9:00 am Circuit 9:45 am Zumba
<b>4</b> 10:00 am RIP	<b>5</b> **6:05 am Cycle 9:30 am Boot Camp 10:30 am Mat Pilates 6:00 pm Zumba 6:00 pm Yoga Flow 7:00 pm STRONG by Zumba	<b>6</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 8:30 am RIP 9:00 am Cycle 9:30 am Zumba *5:30 pm Core Express **5:30 pm Functional Fit **6:00 pm TRX	<b>7</b> 7:00 am STRONG by Zumba 9:30 am Pilates Fusion 9:30 am Kick & Core **12:00 pm Gentle Flow *5:30 pm Cycle 6:00 pm Yoga Flow **6:15 pm RIP **6:30 pm TRX *7:00 pm Barre	<b>8</b> *6:15am Fit N' Focused *7:00 am Fit N' Focused *8:15 am Cycle *9:00 am RIP 9:30 am Zumba 9:30 am Boot Camp 10:00 am Gentle Yoga *5:30 pm WAR **5:30 pm Functional Fit 6:15 pm Zumba	<b>9</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 9:00 am Gentle Flow 9:30 am TBS 10:00 am PiYo	<b>10</b> **9:00 am Circuit 9:45 am Zumba
<b>11</b> 9:00 am STRONG by Zumba 10:00 am RIP	<b>12</b> **6:05 am Cycle 9:30 am Boot Camp 10:30 am Mat Pilates 6:00 pm Zumba 6:00 pm Yoga Flow 7:00 pm STRONG by Zumba	<b>13</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 8:30 am RIP 9:00 am Cycle 9:30 am Zumba *5:30 pm Core Express **5:30 pm Functional Fit **6:00 pm TRX	<b>14</b> 7:00 am STRONG by Zumba 9:30 am Pilates Fusion 9:30 am Kick & Core **12:00 pm Gentle Flow *5:30 pm Cycle 6:00 pm Yoga Flow **6:15 pm RIP **6:30 pm TRX *7:00 pm Barre	<b>15</b> *6:15am Fit N' Focused *7:00 am Fit N' Focused *8:15 am Cycle *9:00 am RIP 9:30 am Zumba 9:30 am Boot Camp 10:00 am Gentle Yoga *5:30 pm WAR **5:30 pm Functional Fit 6:15 pm Zumba	<b>16</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 9:00 am Gentle Flow 9:30 am TBS 10:00 am PiYo	<b>17</b> **9:00 am Circuit 9:45 am Zumba
<b>18</b> 9:00 am STRONG by Zumba 10:00 am RIP	<b>19</b> **6:05 am Cycle 9:30 am Boot Camp 10:30 am Mat Pilates 6:00 pm Zumba 6:00 pm Yoga Flow 7:00 pm STRONG by Zumba	<b>20</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 8:30 am RIP 9:00 am Cycle 9:30 am Zumba *5:30 pm Core Express **5:30 pm Functional Fit **6:00 pm TRX	<b>21</b> 7:00 am STRONG by Zumba 9:30 am Pilates Fusion 9:30 am Kick & Core **12:00 pm Gentle Flow *5:30 pm Cycle 6:00 pm Yoga Flow **6:15 pm RIP **6:30 pm TRX *7:00 pm Barre	<b>22</b> *6:15am Fit N' Focused *7:00 am Fit N' Focused *8:15 am Cycle *9:00 am RIP 9:30 am Zumba 9:30 am Boot Camp 10:00 am Gentle Yoga *5:30 pm WAR **5:30 pm Functional Fit 6:15 pm Zumba	<b>23</b> PCC Hours 6:00 am-10:00 pm  No Classes	<b>24</b> Christmas Eve PCC Hours 8:00 am-12:00 pm  No Classes
<b>25</b> Christmas Day PCC Closed  No Classes	<b>26</b> **6:05 am Cycle 9:30 am Boot Camp 10:30 am Mat Pilates 6:00 pm Zumba 6:00 pm Yoga Flow 7:00 pm STRONG by Zumba	<b>27</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 8:30 am RIP 9:00 am Cycle 9:30 am Zumba *5:30 pm Core Express **5:30 pm Functional Fit **6:00 pm TRX	<b>28</b> 7:00 am STRONG by Zumba 9:30 am Pilates Fusion 9:30 am Kick & Core **12:00 pm Gentle Flow *5:30 pm Cycle 6:00 pm Yoga Flow **6:15 pm RIP **6:30 pm TRX *7:00 pm Barre	<b>29</b> *6:15am Fit N' Focused *7:00 am Fit N' Focused *8:15 am Cycle *9:00 am RIP 9:30 am Zumba 9:30 am Boot Camp 10:00 am Gentle Yoga *5:30 pm WAR **5:30 pm Functional Fit 6:15 pm Zumba	<b>30</b> *6:15 am Fit N' Focused *7:00 am Fit N' Focused 9:00 am Gentle Flow 9:30 am TBS 10:00 am PiYo	<b>31</b> New Year's Eve PCC Hours 8:00 am-4:00 pm  No Classes

**Class Key:    \* = 30 minute class    \*\* = 45 minute class    All other classes are 60 minutes**

## Class Key:

- \* = 30 minute class
- \*\* = 45 minute class
- All other classes are 60 minutes

**Barre** - A low-impact, easy to follow workout! This class is a fusion of strength, balance and stretching to target your hips, thighs, upper body, and core.

**Boot Camp** - Pace yourself or go to the limit with this fun and challenging workout that combines cardiovascular, strength and flexibility exercises.

**Core Express** – A class focusing on abdominals, hips and spinal muscles.

**Cycle** - Achieve real results with this low-impact, high intensity cardiovascular workout.

**Circuit** - A combination of cardio and strength training moves, arranged in station format.

**Gentle Flow** - Learn basic yoga poses and how to connect movement with breath to build strength and energy.

**Gentle Yoga** – Enjoy gentle poses and stretching along with deep relaxation. Leave feeling calm and relaxed!

**Kick & Core** - Kick start your fitness with this fun class! A combination of 35-45 minutes of cardio kickboxing followed by Pilates inspired core work.

**Fit N' Focused** - Focus on a variety of training principles such as cardio, strength, agility, power & MORE!

**Functional Fit** - Move well for life! Basic movements (push, pull, squat, lunge) are incorporated in a fun environment. Suitable for all fitness levels.

**Pilates Fusion** - Yoga and Pilates exercises are blended to create a dynamic full body workout. Movements will strengthen, stretch and balance your body.

**PiYo™** - A unique core-strengthening workout inspired by yoga and Pilates. With upbeat music and a constant flow of moves, it's a rhythmic, dynamic, and intense workout designed to build strength and flexibility.

**RIP®** - A barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere. **STRONG FOR LIFE!** (*Compare to Les Mills BodyPump*)

**STRONG by Zumba™** - This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**TBS** - This is a strength training class designed to target every muscle in the body.

**TRX®** - The TRX Suspension Trainer delivers a fast, effective total body workout, helps build a rock-solid core, and benefits people of all fitness levels (athletes to seniors). It leverages your own body weight to perform hundreds of exercises.

**WAR®** - An exhilarating total body workout where a fusion of martial arts (cardio kickboxing) meets chart-topping hits. Work to improve cardiovascular fitness, strength, and flexibility.

**Yoga Flow** - Develop strength and flexibility throughout the entire body and work toward centering and focus. The use of smooth, flowing movement sequences are linked using breath.

**Zumba®** - A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Have an absolute blast while experiencing an exciting hour of calorie burning, body energizing movements to captivate your life! A “fitness-party” that is downright addictive!