

PCC GROUP FITNESS SCHEDULE

AUGUST 2021



MONDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Cycle 45	1/2/3	Tess	ER2
9:30 AM	Total Body Strength 60	1/2/3	Christy	SG
9:30 AM	Cycle 60	1/2/3	Sherrye	ER2
10:45 AM	Mat Pilates 45	1/2/3	Christy	CRE
6:00 PM	Zumba 60	1/2/3	Lori	SG

TUESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Interval Training 45	1/2/3	Tess	SG
8:15 AM	Rip 60	1/2/3	Sandi	SG
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Interval Training 60	2/3	Tess	SG
10:30 AM	Barre Pilates Mix 45	1/2/3	Jessica	ER1
10:45 AM	Yoga Flow 45	1/2/3	Melissa	CRE
5:30 PM	Functional Fitness 45	1/2	Sherrye	SG
6:30 PM	Cycle 45	1/2/3	Sherrye	ER2

WEDNESDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Cycle 45	1/2/3	Tess	ER2
9:00 AM	Cycle 30	1/2/3	Sherrye	ER2
9:30 AM	Kick and Cardio 60	1/2/3	Christy	CRE
9:45 AM	Total Body Strength 45	1/2/3	Sherrye	SG
10:30 AM	Mat Pilates 60	1/2/3	Jessica	ER1
6:00 PM	Rip 60	1/2/3	Rotation	SG
6:00 PM	Yoga Flow 60	1/2/3	Mickey	CRE

THURSDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Tess	SG
6:45 AM	Interval Training 45	1/2/3	Tess	SG
8:30 AM	Total Body Strength 45	1/2/3	Tess	SG
9:30 AM	Cycle 60	1/2/3	Melissa	ER2
9:30 AM	Boot Camp 60	2/3	Tess	SG
9:30 AM	Zumba 60	1/2/3	Lori	ER1
10:45 AM	Yoga Flow 45	1/2/3	Melissa	ER1

FRIDAY				
Time	Class	Level	Instructor	Room
6:00 AM	Boot Camp 45	1/2/3	Kaylyn	SG
6:45 AM	Interval Training 45	1/2/3	Kaylyn	SG
8:30 AM	Cycle 60	1/2/3	Sherrye	ER2
9:15 AM	Total Body Strength 60	1/2/3	Christy	SG
10:30 AM	Barre Pilates Mix 45	1/2/3	Jessica	ER1

SATURDAY				
Time	Class	Level	Instructor	Room
8:15 AM	Cycle 60	1/2/3	Rotation	ER2
9:15 AM	Interval Training 60	1/2/3	Rotation	SG

SUNDAY				
Time	Class	Level	Instructor	Room
9:00 AM	Rip 60/TBS	1/2/3	Rotation	SG

Legend:

CRE—Community Room East
 CRW—Community Room West
 SG—South Gym

ER1—Exercise Room 1
 ER2—Exercise Room 2



Reservations Required! Scan the QR Code provided to create a PunchPass Account and to reserve your spot in all Group Fitness Classes. *Class that are < 3 average participants may be subject to cancellation

FITNESS CLASS DESCRIPTIONS

Barre Pilates Mix – The perfect mix of Barre and Pilates! A low-impact, total body workout, focusing on muscular balance, form, and alignment.

Boot Camp – A non-stop workout that will get the heart pumping and calories burning. Mix of cardio, plyometrics, strength, and core exercises. Class may go outside if weather allows.

Cycle – Get ready for a great low-impact, cardio workout! Ride at your level as you ease into the fun of indoor cycling. Classes are offered for all fitness levels.

Functional Cardio – Get your heart pumping and blood flowing with this low-impact cardio class. Improve your endurance, balance, and flexibility. Class will finish with mat work and core.

Functional Fitness – Move well for life! Basic movements (push, pull, squat, lunge) are incorporated in a fun environment. All levels welcome, great for beginners!

Functional Strength – A strength class with a focus on functional movements. Every muscle group will be worked for a total body workout.

Gentle Yoga – Enjoy gentle poses and stretching along with deep relaxation.

Interval Training – Get ready to challenge yourself with bursts of high-intensity movements followed by a recovery period. Expect a total body workout with a mix of equipment.

Kickboxing – High intensity kickboxing with intervals of strength and core work. Punch, jab, and kick your way to fitness!

Mat Pilates – Reform, realign and reshape your body with this multi-level Pilates mat class.

RIP® – A barbell workout to strengthen and tone your entire body. The class focuses on lower weight loads and higher repetitions. (*Compare to Les Mills BodyPump*)

Runner's Workout – Calling all runners! This class combines interval training with injury-prevention strength exercises. All levels are welcome. The run portion of class will be outdoors or on the indoor track.

Total Body Strength – A strength training class designed to target every muscle in the body. Expect a mix of weights, bands, balls, and more.

Yoga Flow – Breath is linked to every movement as you flow through poses focusing on balance, flexibility, and strength.

Zumba® – A fusion of Latin and international music that creates a dynamic, exciting, and effective workout. A “fitness-party” that is downright addictive!