

## Gym Schedule

Effective March 20th - June 11th 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-8:30		6:00-6:50 Boot Camp	5:50-6:50 Group Power	6-6:50 Boot Camp	5:50-6:50 Group Power	6:00-6:50 Boot Camp	5:30-7 Facilities
		6:50-8:30 Facilities	6:50-8:30 Facilities	6:50-8:30 Facilities	6:50-8:30 Facilities	6:50-8:45 Facilities	7-8 Group Power
8:30-10:30		8:30-9:30 Pilates	8:30-9:30 Group Power	8:30-9:30 Pilates	8:30-9:30 Group Power	8:45-9:30 Beach Body	8:15 - 9:15am Strength/Cardio
		9:45-10:45 Group Power	9:45-10:35 Boot Camp	9:45-10:45 Group Power	9:45-10:35 Boot Camp	9:40-10:40 Fit+	9:30-10:30 Mat Pilates
10:30-12	5:30-12 Center Closed	10:45-12 Facilities	10:35-12 Facilities	10:45-2 Facilities	10:35-2 Facilities	10:40-12 Facilities	
12-2	12-2 Facilities	12-2 Open Pickup Basketball*	12-2 Adult Pickup Basketball*		12-2 Adult Pickup Basketball*	12-2 Adult Pickup Basketball*	12-4 Open Pickup Basketball
2-4	2-5 Open Pickup Basketball*	2-5 SACC*	2-5 SACC*	2-5 SACC*	2-5 SACC*	2-5 SACC*	
4-6	5-8 Facilities	5-7 Facilities*	5-6 Facilities*	5-6 Facilities*	5-6 Facilities*	5-6 Facilities	4-10 Facilities
6-7			6-7 Group Power	6-9 Student Ministries	6-7 Group Power	6-9 Open Pickup Basketball	
7-9	8PM Center Closed	7-9 Open Pickup Basketball	7-9 Open Pickup Basketball		7-9 Family Ministries		
9-10		9-10 Facilities	9-10 Facilities	9-10 Facilities	9-10 Facilities	9-10 Facilities	

**Red=Fitness Green=Basketball, \*On Rainy Days, Tennis Shares Gym**

**Blue=Facilities, \*On Rainy Days, Tennis Shares Gym**

**Yellow=Reservations; \*On Rainy Days, Tennis Shares Gym**

## [Group Exercise Class and Scheduling Descriptions \(Note: all participants must access through Lobby entrance\):](#)

**Adult Pickup Basketball:** Gym is open to adult members and their adult guests for pickup basketball.

**Beach Body:** Step up and get yourself in shape right now! Each week we will isolate a different body part to sculpt, box, and sweat toward the best beach body you have ever had. Feel confident again in those tank tops, short shorts and swimsuits.

**Boot Camp:** This class combines intense cardio circuits with fierce boot camp drills that'll have you running through ladders, jumping over hurdles, using medicine balls, resistance training and intense core strength and conditioning drills.

**Cardio Sculpt:** This class involves a crossover of core training and strengthening exercises with a thorough cardio workout/boot camp style circuits. The routine will change each week to offer something fresh and energizing.

**Circuit Training:** A fast-paced total-body conditioning class that combines resistance training and high intensity cardio segments by using exercise stations or circuits. Circuits are always changing incorporating different exercise principles to keep you coming back for more!

**Facilities:** Employee access only: time for cleaning and maintenance by Facilities team.

**Family Ministries:** Gym reserved for Family Ministries activities. To learn more about how to participate in Family Ministries, contact Kristin, kristinh@wearepcc.com.

**Fit Box Circuit:** A circuit-based class that involves the muscles of the core, upper body, shoulders, hips. It is also a great cardio and strength workout incorporating many different types of intense cardio segments coupled with strength stations that include punches and kicks that will leave you feeling as fit as a boxer!

**Group Power:** A full-body strength class choreographed to great, contemporary music. Take the GP challenge and gain more muscle mass, burn calories more effectively, and feel STRONGER!

**Open Pickup Basketball:** Gym is open to members and their guests for basketball playing (anyone under 14 must be supervised by an adult and anyone under 16 must have adult present at the Center).

**PE+:** Employee access only: PE+ coach meeting and training.

**Pilates (Mat/Small Apparatus):** By using the body's own resistance, a series of movements are performed which are designed to improve circulation, breathing, posture, and body awareness. These classes incorporate equipment such as resistance bands, rollers, stability balls, and sometimes weights to help you achieve the results you are looking for.

**Silver Sweat Senior Workout:** This class is an exciting senior class that combines resistance training, flexibility exercises, cardio and social opportunities.

**Student Ministries:** Gym reserved for Student Ministries activities. To learn more about how to participate in Student Ministries, contact Paul, paulp@wearepcc.com.

**SACC:** School Age Childcare reserved for activities. To learn more about how to participate in SACC, contact Kim, kiml@wearepcc.com.