

Group Ex Fitness Schedule | Effective September 5, 2017



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|
| Health Enhancement <i>Jobella</i> 5:45-7:00am, Bayview | Group Power/Dawn 5:50-6:50am, Gym | Health Enhancement <i>Jobella</i> 5:45-7:00am, Bayview | Group Power/Dawn 5:50-6:50am, Gym | Health Enhancement <i>Jobella</i> 5:45-7:00am, Bayview | |
| Spinning/Meredith 5:50-6:50am, Spin Rm. | | Boot Camp/Laura 6:00-6:50am, Gym | | Spinning/Jeanette 5:50-6:50am, Spin Rm. | |
| Boot Camp/Dawn 6:00-6:50am, Gym | Wet Sweat/Diana 8:30 - 9:15am, Pool | H2O Boot Camp Express/Dawn 8:30 - 9:20am, Pool | Wet Sweat/Diana 8:30 - 9:15am, Pool | Boot Camp/Meredith 6:00 - 6:50am, Gym | |
| H2O Boot Camp Express/Diana 8:30 - 9:20am, Pool | Group Power/Debby 8:30-9:30am, Gym | Pilates/Veronica 8:30 - 9:30am, Gym | Group Power/Debby 8:30-9:30am, Gym | H2OBeat Boot Camp <i>Veronica</i> 8:30-9:30am, Pool | Group Power <i>Ryan/Diana</i> 7:00-8:00am, Gym |
| Pilates/Dawn 8:30-9:30am, Gym | Yoga/Michelle 8:30-9:30am, Bayview | Yoga/Staff 8:30-9:30am, Bayview | | Yoga/Hannah 8:30-9:30am, Bayview | Circuit Training <i>Veronica/Rebecca</i> 8:15-9:15am, Gym |
| Gentle Yoga/Ruth 8:30-9:30am, Bayview | | Spin Lite/Colleen 8:40-9:20am, Spin Rm. | Runnning Club/ Dena 9:00 - 10:00am, Lobby | Spin Lite/Meredith 8:40-9:20am, Spin Rm. | Spinning <i>Jeanette/Stephanie/Colleen</i> 8:15-9:15am, Spin Rm |
| Spin/Colleen 8:40-9:40am, Spin Rm. | | Spin + Core /Meredith 9:30-10:30am, Spin Rm | Vinyasa Flow Yoga/Brandy 9:00-10:00am, Bayview | Athletic Conditioning <i>Debby</i> 8:40-9:30am, Gym | H2O Bootcamp Express/Diana 8:30 - 9:15am, Pool |
| Spin Lite/Stephanie 9:50-10:30am, Spin Rm. | Boot Camp/Dawn 9:45-10:35am, Gym | Silver Sweat/Kathy 9:40-10:40am, Bayview | Boot Camp/Meredith 9:45-10:35am, Gym | Spinning/Lisa 9:30-10:30am, Spin Rm. | Mat Pilates <i>Veronica/Ruth/Angela</i> 9:30-10:30am, Bayview |
| CardioLite + Core/Michelle 9:40-10:40am, Bayview | | Group Power/Ryan* 9:45-10:45am, Gym | | CardioLite + Core/Michelle 9:40-10:40am, Gym | |
| Group Power/Dawn 9:45-10:45am, Gym | Pilates/Veronica 10:40-11:40am, Bayview | | Barrelates/Monique 10:30-11:30am, Bayview | | |
| | Gentle Yoga/Monique 1:30-2:30pm, Bayview | | | | |
| *Go Girls/Debby 3:30-4:30pm, Bayview | *Dance Kids /Lourdes 4:00 - 4:50pm, Bayview | *Go Girls/Debby 3:30-4:30pm, Bayview | | | |
| Wet Sweat/Diana 6:00 - 6:45pm, Pool | Group Power/Diana 6:00-7:00pm, Gym | Wet Sweat/Diana 6:00 - 6:45pm, Pool | Group Power/Diana 6:00-7:00pm, Gym | | |
| PiYo Fusion/Monique 6:15-7:15pm, Bayview | Yoga/Jenn 6:00-7:15pm, Bayview | Spin Express <i>Meredith/Stephanie</i> 6:00-6:50pm, Spin Rm. | Yoga/Viktoriya 6:00-7:00pm, Bayview | | *Fee-based youth class. Online registration required. |

Group Exercise Class Descriptions:

Barrelates: Join the ballet fitness workout craze that's transforming bodies. This class is a fusion of ballet conditioning, strength training and Pilates. With the use of light weights and sound ballet principles, you will develop lean muscles, gaining definition in all the major muscle groups as well as improve posture and core strength.

Beach Body: Join us for this 8 week session of HIIT training! Each week we will isolate a different body part to sculpt, box, and sweat the best beach body you have ever had. Feel confident again in those tank tops, short shorts and swim suits. (biceps/triceps/glutes/legs/obliques/abs/chest + back/shoulders)

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. By using circuits and teams this class is sure to bring out the competitor in you challenging you to do your best and to attain the results you are looking for.

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

CardioLite + Core: This class combines resistance training, flexibility, balance, and stability exercises and strong cardio segments. Senior-friendly.

Gentle Yoga: Regardless of age, body type, or fitness level, Yoga is a total body workout that improves posture, increases strength, circulation, and relaxation and enhances flexibility. You will be introduced to a variety of methods and learn all the fundamental poses and more. Great for beginners.

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!

Health Enhancement: This non-traditional group exercise class combines group warm-up and stretch with an array of choices for building cardiovascular endurance and strength. It is a great way to meet your individual goals and still receive the benefits of group motivation.

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.

Pi-Yo Fusion: This class combines a fusion of Pilates and Yoga poses as well as Core exercises to improve your posture and balance, increase flexibility, and lengthen your muscles.

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

Spinning (Indoor cycling): Join us for a ride on our indoor cycling bikes. Classes are technique based, focusing on cadence (Rpm), heart-rate zones, sport specific drills, climbs and sprints that make for an unpredictable and challenging ride. With the cadence/mileage/heart rate monitors you will receive the biofeedback you need to set and reach the goals you desire.

Spin Express: A, fast-paced, high-energy, calorie burning workout that mirrors our 1 hr. class, but gets it done in 10 minutes less!

Spin Lite: A great cardio cycling class geared toward the beginner. You will learn how to ride with rpm, wattage, and kcal meters on a quick, and fun 40-minute ride. Try it!

Vinyasa Flow Yoga: In this yoga class students will synchronize breath with movement. Movements will be in continuous flow focusing on individual strength, energy, and flexibility.

Yoga: A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered.

Aqua Class Descriptions:

H2O Beat Boot camp: It's a H.I.I.T.! Challenge yourself to a high intensity interval training workout in our "liquid gym" to the beat of popular music tunes! Water exercise is an excellent modality to train the body or to cross train, all while being gentle on the joints. Take your fitness to the next level in this 60 minute water class! Adjustments are made for all levels of fitness and ages. Additional equipment is utilized to tone, sculpt and strengthen. Your body will appreciate this workout!

H2O Boot camp Express: This class is an express version of our 60 min. H2O Boot camp. It combines strength training and aerobic conditioning with water resistance to give you an awesome overall body workout in just 50 minutes! Adjustments are made for all levels of fitness and ages. Additional equipment is utilized to tone, sculpt and strengthen. Your body will appreciate this workout!

Wet Sweat: A class for everyone, especially for those with joint ailments or injuries. Get fit with this fun, water workout. A deep water aqua conditioning class that incorporates body weight and water resistance exercises. Adjustments are made for all levels of fitness and ages. Additional equipment is utilized to tone, sculpt and strengthen. You will leave this 45 minute class feeling stronger and refreshed!

Youth Fitness Class Descriptions: (Signups and more information available at the PCC front desk and on our website at www.peninsulacommunitycenter.com)

Go Girls: (Youth) This class includes athletic training, dance, yoga, flexibility and Core training as well as a healthy snack. This is a wonderful introduction into the world of fitness, health and nutrition for young girls 8-17 years old. Online registration available on our website. All youth fitness classes are fee-based. Offered for Fall, Winter and Spring Sessions.

Dance Kids/Dance Kids Jr/Dance Kids Intermediate.: (Youth) Little ones let loose and begin their journey to a healthy future of fitness and fun in this introductory dance class where FUN, rhythm, and musicality come together in the ultimate dance n' play party. All youth fitness classes are fee-based. Offered All Sessions.

PCC Childcare: Ages 3 months - 6 years.

Hours: Monday – Thursday: (8:15am – 12:00pm) & (5:50pm – 8:30pm)
Friday (8:15am – 12:00pm)
Saturday (8:15am – 12:15pm)