

## Gym Schedule

Effective January 2, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7		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
7-8		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
8-10:30		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 Athletic Conditioning	8am-8pm Upward
		9:45 - 10:45 Group Power	9:45-10:35 Boot Camp	9:45-10:45 Group Power	9:45-10:35 Boot Camp	9:40-10:30 Cardio Lite + Core	
10:30-12	5:30-12 Center Closed	10:40-12 Facilities	10:35-12 Facilities	10:45-2 Facilities	10:35-12 Facilities	10:40-12 Facilities	
12-1	12-1 Facilities	12-2 Open Pickup Basketball*	12-2 Adult Pickup Basketball*		12-2 Adult Pickup Basketball*	12-2 Adult Pickup Basketball*	
1-4	1-8 Upward	2-5 SACC*	2-5 SACC*	2-5 SACC*	2-5 SACC*	2-5 SACC*	
4-5							
5-6		5-8 Upward	5-6 Upward	5-6 Upward	5-6 Upward	5-8 Upward	
6-7			6-7 Group Power	6-9 Student Ministries	6-7 Group Power		
7-8			7-8 Upward		7-8 Upward		
8-9	8PM Center Closed	8-10 Facilities	8-10 Facilities	9-10 Facilities	8-10 Facilities	8 - 10 Facilities	
9-10					8-10 Facilities		

Red=Fitness    
 Orange=Upward Basketball    
 Green=Basketball, \*On Rainy Days, Tennis Shares Gym; No Basketball  
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. All guest must sign-in at our Center Lobby in order to participate and fill out our guest form. Guest fee will apply.

**Body Shred:** Step up and get yourself in shape right now! This is a H.I.I.T. workout designed by Jillian Michaels to shred those extra pounds. Join us for this 30-minute intense circuit flanked by a warm-up, core work and cool down that will leave you feeling strong and powerful.

**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/Strength:** 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](mailto:kristinh@wearepcc.com).

**Fit +:** This class combines resistance training, flexibility, balance and strong cardio segments. Senior friendly.

**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](mailto:paulp@wearepcc.com).

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

**Upward Basketball:** K – 4th grade league that is committed to developing basketball skills, building character through Biblical principles and growing in community in a fun and safe environment. To learn more about how to participate in Upward, contact Meredith McLean at [upward@wearepcc.com](mailto:upward@wearepcc.com).