



**Club Hours**

Monday – Thursday 5am - 11pm  
 Friday 5am - 10pm  
 Saturday 7am - 7pm  
 Sunday 8am - 6pm

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		<b>Simply Strength</b> Erin GE 60 min		<b>Sunrise Surprise</b> Lori GE 60 min	<b>Cycle</b> Erin C 45 min	<b>Simply Strength</b> Lori GE 60 min	
8:15 am							<b>Boxing Bootcamp</b> Eric GE 60 min
9:00 am		<b>Gentle Yoga</b> Marla MB 60 min	<b>Walking &amp; Weights</b> Allie Lobby 60 min	<b>Yoga with Meditation</b> Tancy MB 60 min	<b>Gentle Yoga</b> Erin MB 60 min		<b>Yoga Flow</b> Andrea MB 60 min
10:00 am	<b>Yoga</b> Katie/Angie MB 60 min						
10:15 am							<b>Simply Strength</b> Tracy GE 60 min
11:45 am		<b>Cycle</b> Erin C 45 min	<b>Total Body Conditioning</b> Allie GE 45 min	<b>Camp PFC</b> Erin GE 45 min <b>Barre</b> Elisa MB 45 min	<b>Boxing/HIIT/Yoga</b> Erin GE 45 min	<b>Simply Strength</b> Erin GE 45 min	
12:30 pm		<b>Core</b> Erin GE 15 min					
5:15 pm	<b>Family Day</b> 2pm-5pm		<b>Sunset Surprise</b> Andrea GE 60 min		<b>Simply Strength</b> Angie GE 60 min		
5:20 pm		<b>Aqua Fit</b> Erin P 55 min			<b>Aqua Fit</b> Allie P 55 min		
5:30 pm		<b>Camp PFC</b> Darren GE 60 min	<b>Barre</b> Elisa MB 45 min	<b>SWEAT</b> Erin GE 60 min <b>Yoga Flow</b> Jay MB 60 min	<b>Barre</b> Elisa MB 45 min		
5:45 pm		<b>Cycle</b> Billy C C 45 min	<b>Cycle</b> Angie C 60 min	<b>Cycle</b> Billy C C 45 min	<b>Cycle</b> Tracy C 60 min		
6:15 pm					<b>Mobility and Recovery</b> Darren GE 30 min		
6:30 pm		<b>Yogalates</b> Erin MB 45 min		<b>Boxing Bootcamp</b> Eric GE 60 min			

MB – Mind/Body Studio C – Cycle Studio GE - Group Exercise Studio P – Pool

Effective 5.28.2017

**Aqua Fit** Cardiovascular conditioning can be in the water too. Without the pounding on joints, Aqua Fit classes provide great exercise and toning, leading to improved range of motion, strength, coordination, and flexibility.

**Barre** No dance experience needed to get a great workout in this Ballet Barre inspired fitness class. Deep muscle isolation targets each muscle for a total body workout.

**Boxing Bootcamp** You get it all in this class: box, kick, bootcamp and cardio. It includes a variety of different stations (step, medicine ball, jump rope, ladder, bands or weights) as well as boxing. Expect a hardcore workout every class!

**Boxing/HIIT/YOGA** Get a little bit of everything. Class will warm up with shadow boxing then move to high intensity interval training (HIIT) to get the blood flowing cardio pumping, and torch some calories. Class will then partner up and contact box and cool down with 10 minutes of yoga.

**Camp PFC** No fancy footwork required. Pace yourself or go the limit in this ultimate total body workout! Athletic driven movements inspire this simple, yet challenging circuit workout. No matter what your level of fitness you'll see yourself becoming stronger, fitter and tougher!

**Core Strength** Designed to target your torso working all aspects of the abs and back, sculpting your abs into shape and strengthening your core, which is the key to your overall strength. If you are new to abdominal training, some of the exercises will be challenging, so make sure you pace yourself and modify as needed.

**Cycle** This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. This class is for the beginners as well as seasoned cyclists.

**Gentle Yoga** Rejuvenate and Relax. This class teaches the basics of yoga postures, breath, and balance. No previous yoga experience required but modifications will be given for those with experience.

**Mobility and Recovery** You need to get regular upkeep on your vehicle for it to run well, and our bodies are no different. This is essential for injury prevention. Come learn how to perform basic maintenance on your body and recover properly so you're ready for that next intense workout.

**Power Yoga** A vigorous and challenging combination of postures to build stamina, strength, balance and flexibility.

**Simply Strength** A weight training class for all fitness enthusiasts looking to develop strength, core stability, and stamina while using proper weight lifting techniques. This athletic-based workout uses barbells, dumbbells, and body resistance to work every major muscle group. All ages and fitness levels welcome.

**Sunrise/Sunset Surprise** Do you like surprises? This class is for you! Class will begin in the GE room. Formats could include: treadmill, bootcamp, outdoors, SWEAT, and more! It's good to surprise your mind and body.

**SWEAT** Sweating is what you will be doing in this exciting class. A combo of weights and cardio will challenge all of your systems!

**Total Body Conditioning** This class will incorporate both cardio and strength moves using your body for resistance. Body weight exercises are a simple effective way to improve balance, flexibility and strength.

**Turbo Kick** Cardio kickboxing and dance meet in this high-energy class! This class is rhythmic, choreographed, and non-contact. All levels welcome!

**Walking Club** This class will meet in Pinnacle's lobby then head out to the great outdoors (weather permitting)! Class will head to the track or treadmills during inclement weather. All abilities welcome. Come socialize, get a workout, and explore a little!

**Yoga** This class is dynamic practice flowing from one pose to the next. Practice motions to increase your strength, balance and flexibility, while focusing on alignment and breathing. No experience is required.

**YOGA Foundations in Meditation** In this two part class we will focus on the physical postures of yoga for the first 30 minutes to loosen the body, calm the nerves, and clear the pathways of energy. The last 30 minutes we will dive deeper into the practice using breathing techniques, relaxation, and meditation to further calm the mind. This is a great class for everyone to come restore, relax and rid yourself of day to day stress.

**Yoga Flow** Ready to build strength, endurance, flexibility, awareness and focus? Yoga Flow will help you do all of this by linking yoga poses into a sequence of movements that "flow" with the breath in a more vigorous series. All levels welcome!

**Yogalates** Fuses the disciplines of yoga, Pilates, and core-conditioning to produce long, lean muscles and a strong, flexible body. This class allows the participant to work from the inside out, creating a unique, results-oriented class experience. This class is open to all levels. No experience is required.