



### 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><br>Erin GE 60 min       | <b>HIIT</b><br>Daniel GE 60 min                    | <b>SWEAT</b><br>Daniel GE 60 min               | <b>Cycle</b><br>Erin C 45 min          | <b>Simply Strength</b><br>Lori GE 60 min |   |
| 9:00am   |                                |  |  |  |  |  | <b>Boxing Bootcamp</b><br>Eric GE 60 min  |
| 9:00 am  |                                | <b>Gentle Yoga</b><br>Marla/Michelle MB 60 min | <b>Walking &amp; Weights</b><br>Allie Lobby 60 min | <b>Yoga with Meditation</b><br>Tancy MB 60 min | <b>Gentle Yoga</b><br>Erin MB 60 min   |  | <b>Yoga Flow</b><br>Marla/Tancy MB 60 min |
| 10:00 am | <b>Yoga</b><br>Katie MB 60 min |  |  |  |  |  |   |
| 10:15 am |                                |  |  |  |  |  | <b>Simply Strength</b><br>Tracy GE 60 min |
| 11:45 am |                                | <b>Cycle</b><br>Erin C 45 min                  | <b>Total Body Conditioning</b><br>Allie GE 45 min  | <b>Camp PFC</b><br>Erin GE 45 min              | <b>Kickboxing</b><br>Kris GE 45 min    | <b>Simply Strength</b><br>Kris GE 45 min |   |
| 12:30 pm |                                | <b>Core</b><br>Erin GE 15 min                  |  |  |  |  |   |
| 5:15 pm  |                                |  | <b>CyCo</b><br>Daniel C 45 min                     |  | <b>HIIT Circuit</b><br>Angie GE 60 min |  |   |
| 5:20 pm  |                                | <b>Aqua Fit</b><br>Erin P 55 min               |  |  | <b>Aqua Fit</b><br>Annie P 55 min      |  |   |
| 5:30 pm  |                                | <b>Camp PFC</b><br>Darren GE 60 min            | <b>Zumba</b><br>Annie MB 60 min                    | <b>SWEAT</b><br>Erin GE 60 min                 | <b>Barre</b><br>Elisa MB 45 min        |  |   |
| 5:45 pm  |                                | <b>Cycle</b><br>Billy C C 45 min               |  | <b>Cycle</b><br>Billy C C 45 min               | <b>Cycle</b><br>Tracy C 45 min         | <b>Power Yoga</b><br>Michelle MB 75 min  |   |
| 6pm      |                                |  |  | <b>Yoga Flow</b><br>Alternating MB 60 min      |  |  |   |

|            |  |  |  |  |  |  |  |
|------------|--|--|--|--|--|--|--|
| 6:15<br>pm |  |  |  |  | <b>Mobility and Recovery</b><br>Darren<br>GE 30<br>min |  |  |
|            |  |  |  |  | <b>Zumba</b><br>Abigail<br>MB                          |  |  |
| 6:30<br>pm |  | <b>Yogalates</b><br>Erin<br>MB 45<br>min |  | <b>Boxing Bootcamp</b><br>Eric<br>GE 60<br>min |  |  |  |

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

Effective 6.1.2018

**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 dancing required in this Ballet-inspired fitness class. Targeted deep muscle isolation gives you a total body workout. Sculpt your legs and butt and tone your arms and core – get the dancer’s body you’ve always wanted!

**Boxing Boot Camp** You get it all in this class: box, kick, boot camp 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!

**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** 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.

**HIIT** High-intensity interval training (HIIT) will help you torch calories, build strength, and get more bang for your buck. Push your limits during the work phase, then catch your breath during recovery. All levels welcome!

**Insanity** Push your body to the max and reach your personal best, no matter where you’re starting from. This high-energy workout takes you through group-focused cardio drills, athletic conditioning, and explosive moves without any equipment to help you burn fat like never before.

**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.

**P90X** Transform your body with a variety of strength-training moves, cardio conditioning, and core work. This innovative format helps you build strong, lean muscle and bust through any plateaus that stand in your way.

**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 Surprise** Do you like surprises? This class is for you! Class will begin in the GE room. Formats could include: treadmill, boot camp, 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.

**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 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.

**Zumba** Zumba combines high-energy, motivating music with world rhythms with unique moves and combinations that allow the Zumba participants to dance away their worries and the pounds. This is a fun way to break a sweat that feels more like a party than a workout. No dance experience required!

For the most updated group exercise schedule check out our website: [www.pinnaclefitnessclub.com](http://www.pinnaclefitnessclub.com)