

May 2019

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Simply Strength Mike GE 60 min	Cycle Stephanie C 45 min	Camp PFC Mike GE 60 min	Sunrise Surprise Mike GE 60 min	Simply Strength Lori GE 60 min	
6:45am			Core Stephanie GE 45 min				
8:00 am	Run club Jen Lobby 60+min						
9:00 am		Gentle Yoga Marla/Michelle MB 60 min	Walking & Weights Allie Lobby 60 min	Yoga with Meditation Tancy MB 60 min	Yogalates Jen MB 60 min		Yoga Flow Marla/Tancy MB 60 min Boxing Bootcamp Eric GE 60 min
9:15 am						Aqua Fit Lori P	
10:00 am	Basic Yoga Katie MB 60 min						
10:15 am							Simply Strength Tracy GE 60 min
10:45am							Aqua Fit (starts May 11) Stephanie Pool 60 min
11:45 am		Cycle Jen C 45 min	Total Body Conditioning Allie GE 45 min Yogalates Jen MB 45 min	Camp PFC Jen GE 45 min	RIPPED Jen GE 45 min	Simply Strength Lori GE 45 min POUND Jen MB 45 min	
5:15 pm		Aqua Fit Jen P 60 min			HIIT Circuit Angie GE 60 min Aqua Fit Jen P 60 min		
5:30 pm		Camp PFC Darren GE 60 min	Plyo-Agility Mike GE 60 min	Camp PFC Jen GE 60 min			
5:45 pm		Cycle Billy C C 45 min Zumba Annie MB 60 min		Cycle Billy C C 45 min Zumba Annie MB 60 min		Power Yoga Michelle MB 75 min	
6:15 pm					Mobility and Recovery Darren GE 30 min		
6:30 pm			Basic Yoga (Starts May 7th) Julia MB 60min	Boxing Bootcamp Eric GE 60 min	Basic Yoga (Starts May 9th) Julia MB 60min		
6:45 pm				Run Club Jen Lobby 45 min			

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.

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!

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.

Plyo-Agility Warm-up with speed and agility drills then build muscular power with a variety of upper and lower body plyometrics exercises. Great for people who play recreational sports!

RIPPED a combination of Resistance, Intervals, Power, Plyometrics, Endurance, and Dynamic Core all tied into a challenging strength and kickboxing format. This class is guaranteed to make you sweat, smile, and wonder how the time went by so quickly working on fitness.

Running Club (NEW!) This club is for runners of all levels. We will run outside unless the weather is extreme. The Wednesday run will be shorter and speed focused (if desired), and the Sunday run will be longer and endurance focused. Walk/Runners are also welcome to join the club.

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.

Smooth Moves (NEW!) A beginner level class set to smooth jazz for a full body workout; light cardio strength and flexibility all rolled into one set to smooth, steady music.

Total Body Conditioning (TBC) 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!

Basic Yoga The focus of this class is relaxation. The asanas (poses) are to be practiced with ease. For balance, fitting Yoga into your workout routine as a restful practice is highly recommended as it can boost recovery time while also enhancing awareness of body and mind.

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!