

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	<b>Simply Strength</b> Mike GE 60 min	<b>Cycle</b> Stephanie C 45 min	<b>SWEAT</b> Mike GE 60 min	<b>Sunrise Surprise</b> Mike GE 60 min  <b>Cycle (New!)</b> Angie C 45min	<b>Simply Strength</b> Lori GE 60 min		
6:45am		<b>Core</b> Stephanie GE 15 min		<b>Core/Yoga (New!)</b> Angie MB 15 min			
8:00am							<b>Run Club</b> Jen Lobby 60 m
9:00 am	<b>Gentle Yoga</b> Marla/Michelle MB 60 min	<b>Walking &amp; Weights</b> Allie Lobby 60 min	<b>Yoga with Meditation</b> Tancy MB 60 min	<b>Yogalates</b> Jen MB 60 min	<b>Basic Yoga (New!)</b> Jen MB 60 min	<b>Yoga Flow</b> Marla/Tancy MB 60 min	
						<b>Boxing Bootcamp</b> Eric GE 60 min	
9:15 am	<b>RIPPED (NEW starts June 10<sup>th</sup>)</b> Jen GE 45 min		<b>POUND (NEW starts June 12<sup>th</sup>)</b> Jen GE 45 min		<b>Aqua Fit</b> Lori P		
10:00 am							<b>Basic Yoga</b> Katie MB 60 min
10:15 am						<b>Simply Strength</b> Tracy GE 60 min	
10:30am						<b>Aqua Fit</b> Stephanie P 60 min	
11:45 am	<b>Cycle</b> Jen C 45 min	<b>Total Body Conditioning</b> Allie GE 45 min	<b>Camp PFC</b> Jen GE 45 min	<b>Cycle (NEW!)</b> Jen C 45 min	<b>Simply Strength</b> Lori GE 45 min		
					<b>Yogalates</b> Jen MB 45 min		
12:30pm	<b>Core</b> Jen GE 15 min			<b>Core</b> Jen GE 15 min			
5:15 pm	<b>Aqua Zumba (NEW!)</b> Lan P 60 min			<b>Aqua Fit</b> Elli P 60 min			
5:30 pm	<b>Camp PFC</b> Darren GE 60 min	<b>Plyo-Agility</b> Mike GE 60 min	<b>Total Body Conditioning</b> Jen GE 60 min	<b>Camp PFC</b> Traci GE 45 min			
5:45 pm	<b>Cycle</b> Billy C C 45 min <b>Zumba</b> Annie MB 60 min		<b>Cycle</b> Billy C C 45 min <b>Zumba</b> Annie MB 60 min		<b>Power Yoga</b> Michelle MB 75 min		
6:15 pm				<b>Mobility and Recovery</b> Darren GE 30 min			
6:30 pm		<b>Basic Yoga</b> J MB 60 min	<b>Boxing Bootcamp</b> Eric GE 60 min	<b>Basic Yoga</b> J MB 60 min			
6:45 pm			<b>Run Club (NEW!)</b>				

**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.

**Pound**: Drumsticks have never been so exciting as when using them during POUND class. Originating from LA, this class ties in body weight strength, core and cardio movements designed to get the heart pumpin' and beats jumpin'!

**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** Ripped is 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.

**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 (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** 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. Basic Yoga is wonderful for mobility and recovery from vigorous sports and activity. It is also great for every day function and mobility. 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.

