

October, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Simply Strength Mike GE 60 min	Cycle Stephanie C 45 min	Sports Conditioning (Strength) Mike GE 60 min	Sunrise Surprise Sean GE 60 min	Simply Strength Lori GE 60 min		
6:45am		Core Stephanie GE 15 min					
9:00 am	Gentle Yoga Tancy MB 60 min	Walking & Weights Allie Lobby 60 min	Yoga with Meditation Tancy MB 60 min	Yogalates Jen MB 60 min	Basic Yoga Jen MB 60 min	Boxing Bootcamp Eric GE 60 min	
9:15 am					Aqua Fit Lori P 55 min		
10:00 am							Basic Yoga Tancy MB 60 min
10:15 am						Simply Strength Tracy GE 60 min	
10:30am						Aqua Fit Stephanie P 55 min	
11:45 am	Cycle Jen C 45 min	Total Body Conditioning Allie GE 45 min	Camp PFC Jen GE 45 min	Cycle Jen C 45 min Sports Conditioning (Core) Mike GE 45 min	Simply Strength Lori GE 45 min		
12:30pm	Core Jen GE 15 min			Core Jen MB 15 min			
5:20pm	Aqua Fit Jeri/Lori Pool 55 min		Aqua Fit Jeri/Lori Pool 55 min				
5:30 pm	Camp PFC Darren GE 60 min Rest Day Yoga J MB 90 min	Sports Conditioning (Plyo) Mike GE 60 min	Total Body Conditioning Jen GE 60 min	Camp PFC Traci GE 45 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			Boxing Bootcamp Eric GE 30 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.

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 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!

Sports Conditioning Burn calories and get your cardio in while becoming faster, quicker, and more agile. Added training on plyometrics (Tues.), strength (Wed.) and core (Thur.). On the first class of each month test yourself in the broad jump, 10 yard dash, and 5-10-5 shuttle. Come back each week to work on improving your scores for the next month!

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.

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.

Power Yoga 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!

Rest Day Yoga In this class we work with basic concepts within the Yoga tradition. The asanas (poses) will be practiced with steadiness and ease. Finding space to relax into the ancient methods of Yoga is known to enhance awareness of body and can also boost recovery time, providing you with mindful skills needed for overall wellbeing.

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!