

March 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Simply Strength Mike GE 60 min	Cycle Stephanie C 45 min	Camp PFC Mike GE 60 min	A Lotta Tabata Kelsey GE 60 min	Simply Strength Lori GE 60 min		
8:00am	Aquafit Lori P 55 min		POUND Jen MB 45 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	Basic Yoga Tancy MB 60 min	
					Aqua Fit Lori P 55 min	Boxing Bootcamp Eric GE 60 min	
9:15 am						Cycle Traci/Billy/Jenny C 45 min	
10:00 am							Basic Yoga Tancy MB 60 min
10:15 am						Simply Strength Tracy GE 60 min	
10:30am			Masters Fitness Lori/Jen GE 45 min		Masters Fitness Lori GE 45 min	Aqua Fit Stephanie P 45 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	Simply Strength Lori GE 45 min		
				Sports Conditioning (Cardio) Mike GE 45 min			
12:30pm	Core Jen GE 15 min			Core Jen MB 15 min			
4:00pm	Rest Day Yoga J MB 75 min						
4:30pm	Band BW Blast Lori GE 55 min		BARRE Kelsey MB 60 min				
5:30 pm	Camp PFC Darren GE 60 min	Sports Conditioning (Plyo) Mike GE 60 min	Total Body Conditioning Jen GE 60 min	Camp PFC Mike GE 45 min			
	Aqua Fit Jeri Pool 55 min		Aqua Fit Jeri Pool 55 min				
5:45 pm	Cycle Billy C C 45 min		Cycle Billy C C 45 min		Power Yoga Michelle MB 75 min		
	Zumba Annie MB 60 min		Zumba Annie MB 60 min				
6:15 pm				Mobility and Recovery Darren GE 30 min			
6:30 pm		Yogalates Kelsey MB 60 min	Boxing Bootcamp Eric GE 30 min				

great exercise and toning, leading to improved range of motion, strength, coordination, and flexibility.

Bandastic Body Weight Blast-Get a great resistance, cardio, and core workout just using your bodyweight and exercise bands.

BARRE- a hybrid workout **class** - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most **classes** incorporate a ballet **barre** and use classic dance moves such as plies, alongside static stretches. **Barre** also focuses on high reps of small range movements.

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.

Masters Fitness Masters Fitness is a great way for Active Older Adults to stay in shape. The class will be a mix of cardio, functional strength, basic strength, balance, and stretching exercises.

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'!

Sports Conditioning Burn calories and get your cardio in while becoming faster, quicker, and more agile. Added training on plyometrics (Tues.) and cardio (Thur.). Test yourself bi-weekly 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.

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!

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!

Yoga:

Basic: 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.

Gentle: 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

Power: Looking to challenge your yoga skills while building strength, stability, mobility and endurance? This 75 minute class is for you!

Rest Day 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.