



Updated 12/20/11

# January 2012

# Gym & Fitness Schedule

\*OPEN GYM TIMES ARE SUBJECT TO CHANGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 PCC CLOSED Open Gym Mon - Fri 9am-4pm	2 PCC CLOSED	3 5-9pm Open Gym 6-7pm Indoor Cycling	4 6:15-7am Indoor Cycling 1-2pm Zumba Gold 5:30-6:30pm Zumba 6:45-9pm Open Gym	5 5-9pm Open Gym 5:30-6:30pm Indoor Cycling	6 5-9pm Open Gym	7 8:30-9:30am Zumba 9-10am Indoor Cycling 9:30-10:30am X-treme Fit Club 12:30-9pm Open Gym
8 PCC CLOSED Open Gym Mon - Fri 9am-4pm	9 6:15-7am Indoor Cycling 9-9:45am Senior Yoga 10-11:30am Yoga 1-2pm Zumba Gold 5:30-6:30pm Zumba 6-7pm Yes You Can 7-7:30pm Kettlebell/Handweights 6:45-7:15pm Indoor Cycling 6:45-9pm Open Gym	10 9:30-10:15am Senior Strength 5:30-6:30pm KardioKickboxing 6-7pm Indoor Cycling 6:45-9pm Open Gym	11 6:15-7am Indoor Cycling 1-2pm Zumba Gold 5:30-6:30pm Zumba 6-7pm Yogalates 7-7:30pm Kettlebell/Handweights 6:45-9pm Open Gym	12 5:30-6:30pm Indoor Cycling 5:30-6:30pm KardioKickboxing 6:45-9pm Open Gym 7-8pm X-treme Fit Club	13 9:30-10:15am Senior Cardio 5-9pm Open Gym	14 8:30-9:30am Zumba 9-10am Indoor Cycling No Open Gym
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