



February 2012

Gym & Fitness Schedule

Fitness Center hours: M—F 6am—9pm Sat. 8am—9pm

*OPEN GYM TIMES ARE SUBJECT TO CHANGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:15-7am Indoor Cycling 1-2pm Zumba Gold 5:30-6:30pm Zumba 6-7pm Yogalates 6:45-7:45pm Indoor Cycling 7-7:30pm Kettlebell/Handweights 6:45-9pm Open Gym	2 5:30-6:30pm Indoor Cycling 5:30-6:30pm KardioKickboxing 6:45-7:45pm Indoor Cycling 6:45-9pm Open Gym 7-8pm X-treme Fit Club	3 6:15-7am Indoor Cycling 9:30-10:15am Senior Cardio 5:30-6:30pm Zumba 5:30-6:30pm Indoor Cycling 6:45-9pm Open Gym	4 8:30-9:30am Zumba 9-10am Indoor Cycling 12:30-5:30pm Open Gym 7:30-9:00pm Open Gym
5 PCC CLOSED Open Gym Mon - Fri 9am-4pm	6 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 6:45-7:45pm Indoor Cycling	7 9:30-10:15am Senior Strength 5:30-6:30pm KardioKickboxing 6-7pm Indoor Cycling No Open Gym	8 6:15-7am Indoor Cycling 1-2pm Zumba Gold 5:30-6:30pm Zumba 6-7pm Yogalates 6:45-7:45pm Indoor Cycling 7-7:30pm Kettlebell/Handweights 6:45-9pm Open Gym	9 5:30-6:30pm Indoor Cycling 5:30-6:30pm KardioKickboxing 6:45-7:45pm Indoor Cycling 6:45-9pm Open Gym 7-8pm X-treme Fit Club	10 6:15-7am Indoor Cycling 9:30-10:15am Senior Cardio 5:30-6:30pm Zumba 5:30-6:30pm Indoor Cycling 6:45-9pm Open Gym	11 8:30-9:30am Zumba 9-10am Indoor Cycling 12:30-9pm Open Gym
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