



Updated 12/20/11

# January 2012

# Gym & Fitness Schedule

\*OPEN GYM TIMES ARE SUBJECT TO CHANGE

| Sun   | Mon   | Tue  | Wed  | Thu  | Fri  | Sat   |
|---|---|--|--|--|--|---|
| 1<br>PCC CLOSED<br>Open Gym Mon - Fri<br>9am-4pm  | 2<br>PCC CLOSED   | 3<br>5-9pm Open Gym<br>6-7pm Indoor Cycling  | 4<br>6:15-7am Indoor Cycling<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6:45-9pm Open Gym   | 5<br>5-9pm Open Gym<br>5:30-6:30pm Indoor Cycling  | 6<br>5-9pm Open Gym                                | 7<br>8:30-9:30am Zumba<br>9-10am Indoor Cycling<br>9:30-10:30am X-treme Fit Club<br>12:30-9pm Open Gym  |
| 8<br>PCC CLOSED<br>Open Gym Mon - Fri<br>9am-4pm  | 9<br>6:15-7am Indoor Cycling<br>9-9:45am Senior Yoga<br>10-11:30am Yoga<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yes You Can<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-7:45pm Indoor Cycling<br>6:45-9pm Open Gym  | 10<br>9:30-10:15am Senior Strength<br>5:30-6:30pm<br>KardioKickboxing<br>6-7pm Indoor Cycling<br>6:45-9pm Open Gym | 11<br>6:15-7am Indoor Cycling<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yogalates<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-9pm Open Gym | 12<br>5:30-6:30pm Indoor Cycling<br>5:30-6:30pm<br>KardioKickboxing<br>6:45-9pm Open Gym<br>7-8pm X-treme Fit Club | 13<br>9:30-10:15am Senior Cardio<br>5-9pm Open Gym | 14<br>8:30-9:30am Zumba<br>9-10am Indoor Cycling<br>No Open Gym   |
| 15<br>PCC CLOSED<br>Open Gym Mon - Fri<br>9am-4pm | 16<br>6:15-7am Indoor Cycling<br>9-9:45am Senior Yoga<br>10-11:30am Yoga<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yes You Can<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-7:45pm Indoor Cycling<br>6:45-9pm Open Gym | 17<br>9:30-10:15am Senior Strength<br>5:30-6:30pm<br>KardioKickboxing<br>6-7pm Indoor Cycling<br>6:45-9pm Open Gym | 18<br>6:15-7am Indoor Cycling<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yogalates<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-9pm Open Gym | 19<br>5:30-6:30pm Indoor Cycling<br>5:30-6:30pm<br>KardioKickboxing<br>6:45-9pm Open Gym                           | 20<br>9:30-10:15am Senior Cardio<br>5-9pm Open Gym | 21<br>8:30-9:30am Zumba<br>9-10am Indoor Cycling<br>9:30-10:30am X-treme Fit Club<br>12:30-9pm Open Gym |
| 22<br>PCC CLOSED<br>Open Gym Mon - Fri<br>9am-4pm | 23<br>6:15-7am Indoor Cycling<br>9-9:45am Senior Yoga<br>10-11:30am Yoga<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yes You Can<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-7:45pm Indoor Cycling<br>6:45-9pm Open Gym | 24<br>9:30-10:15am Senior Strength<br>5:30-6:30pm<br>KardioKickboxing<br>6-7pm Indoor Cycling<br>6:45-9pm Open Gym | 25<br>6:15-7am Indoor Cycling<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yogalates<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-9pm Open Gym | 26<br>5:30-6:30pm Indoor Cycling<br>5:30-6:30pm<br>KardioKickboxing<br>6:45-9pm Open Gym<br>7-8pm X-treme Fit Club | 27<br>9:30-10:15am Senior Cardio<br>5-9pm Open Gym | 28<br>8:30-9:30am Zumba<br>9-10am Indoor Cycling<br>No Open Gym   |
| 29<br>PCC CLOSED<br>Open Gym Mon - Fri<br>9am-4pm | 30<br>6:15-7am Indoor Cycling<br>9-9:45am Senior Yoga<br>10-11:30am Yoga<br>1-2pm Zumba Gold<br>5:30-6:30pm Zumba<br>6-7pm Yes You Can<br>7-7:30pm<br>Kettlebell/Handweights<br>6:45-7:45pm Indoor Cycling<br>6:45-9pm Open Gym | 31<br>9:30-10:15am Senior Strength<br>5:30-6:30pm<br>KardioKickboxing<br>6-7pm Indoor Cycling<br>6:45-9pm Open Gym |  |  |  |   |