



GROUP EXERCISE SCHEDULE (Effective Feb. 16th)

(JB) Jobella Bryant **(YB)** Yvette Busalacchi **(JC)** Jessica Campbell **(KC)** Kathy Craig **(AH)** Angela Hudson **(JG)** Jenn Gaskin **(RH)** Ryan Huo **(BK)** Bo Kastelic **(KL)** Karmyn Larsen **(JuM)** Julie Manuel **(DM)** Diana Mariucci **(SM)** Stella Marquez **(GM)** Glenn Miller **(JM)** Jeanette Mucha **(MM)** Meredith Mclean **(CR)** Carol Roach **(DR)** Dawn Rollandi **(JS)** Julie Smyser **(DS)** Debby Stimmler **(MS)** Monique Story

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 – 7:00am(Lobby) Boot Camp		5:45 – 7:00am (Lobby) Boot Camp	
5:50 – 7:00am (Gym) HealthEnhancement (JB)	5:50 – 6:50am (Gym) Group Power (DR)	5:50 – 7:00am (Gym) HealthEnhancement (JB)	5:50 – 6:50am (Gym) Group Power (DR)	5:50 – 6:50am Spinning (JM)	
5:50 – 6:50am Spinning (MM)		5:50 – 6:50am Spinning (BK)		5:50 – 7:00am (Gym) HealthEnhancement (JB)	7:00 – 8:00am (Gym) Group Power (Rotating)
8:30 – 9:30am* (Gym) Pilates (DR)	8:30 – 9:30am* (Gym) Group Power (DS)	8:30 – 9:30am* (Gym) Pilates (DR)	8:30 – 9:30am* (Gym) Group Power (DS)	8:30 – 9:30am* (Bay) Yoga (JC)	8:25 – 9:25am* (Bay) Pilates (Rotating)
8:40 – 9:40am* Spinning (YB)	8:30 – 9:30am* (Bay) Yoga (SM)	9:30 – 10:30am* Spinning (MM)		8:45 – 9:30am* (Gym) Boot Camp Circuit (DS)	8:25 – 9:40am* Spinning (Rotating)
9:30 – 10:30am* (Gym) Silver Sweat (CR)	9:40 – 10:35am* Spinning (DS)	9:35 – 10:35am* (Gym) Silver Sweat (KC)	9:15 – 10:15am* (Bay) Yoga (JC)	9:30 – 10:30am* Spinning (MM)	
9:40 – 10:40am* (Bay) Group Power (DR)	9:40 – 10:30am* (Gym) Boot Camp (DR)	9:40 – 10:40am* (Bay) Group Power (RH)	9:40 – 10:30am* (Gym) Boot Camp (MM)	9:40 – 10:40am* (Gym) Silver Sweat (CR)	
	10:40 – 11:40am* (Bay) Pilates (DR)		9:50-10:45am* Spinning (DS)		
			10:30 – 11:30am* (Bay) Pilates (MS)		
	1:30 – 2:30pm (Bay) Beginning Yoga (MS)				
6:00 – 7:00pm* Spinning (GM)	6:00 – 7:00pm* (Gym) Group Power (KL)	6:00 – 7:00pm* Spinning (GM)	6:30 – 7:30pm* (Bay) Group Power (YB)		
6:45 – 7:45pm* (Bay) Pi-Yo (MS)	6:00 – 7:15pm* (Bay) Yoga (JG)				

*Childcare is offered during these times

AquaAerobics

8:30 – 9:30am* Hydropump (JS)	8:15 – 9:00am Wet Sweat (DM)	8:30 – 9:30am* Hydropump (JS)	8:15 – 9:00am Wet Sweat DM	8:30 – 9:30am* Hydropump (JS)	8:30 – 9:15am* Wet Sweat (DM)
5:30 – 6:15pm Wet Sweat (DM)		5:30 – 6:15pm Wet Sweat (DM)			

CLASS DESCRIPTIONS

Boot Camp Circuit

Hit your middle with a blast of core conditioning to enhance abdominal conditioning and definition. Then train like a professional athlete and run the fitness ladder and finally exhaust yourself with cardio resistance training with weights or bands.

Boot Camp

A variety of running and circuits including step work and weights will make it worth your while.

Health Enhancement

This more non-traditional group exercise class combines group warm-up and stretch with an array of choices for your cardio portion. It is a great way to meet your individual goals and still receive the benefits of group motivation.

Hydropump Aqua Class

This class is a highly energetic, cardio, body-transitioning workout in the water with the great advantage of no impact on the joints while still increasing the resistance from your own body's movements in the water.

Group Power by Body Training Systems

Full body barbell class choreographed to great, contemporary music challenging and invigorating you with barbells and movements you've been doing for years in a whole new way.

Silver Sweat Senior Workout

An exciting senior class that combines resistance training, flexibility exercise, cardio and social opportunities.

Pilates

Core strength training that also lengthens muscles using multiple techniques and equipment. The benefits include improving flexibility, posture, and balance.

Pi-Yo

Come unwind at the end of your day with a class that combines Yoga, Pilates, and lots of stretching. Guaranteed to strengthen your core and increase flexibility and balance.

Spinning

A cardio workout performed on a stationary bike based on sound cycling principles. Classes are technique based, focusing on cadence, heart-rate zones, sport specific drills, climbs and sprints that make for an unpredictable ride that is fun and challenging.

Wet Sweat

A fitness workout in the pool and you don't even have to know how to swim! This class includes water jogging, strength training, and lots more, all without any impact.

Yoga

Regardless of age, body type, or fitness level, Yoga is a total body workout that improves posture, increases strength, circulation, and relaxation and enhances flexibility. You will be introduced to a variety of methods and learn all the fundamental poses and more.

PCC Childcare

Ages 6 months through 5 years

No SICK children

No runny noses

First Come – First Served!

Morning Hours:

Monday	8:30am – 1:30pm
Tuesday	8:30am – 1:30pm
Wednesday	8:30am – 1:30pm
Thursday	8:30am – 1:30pm
Friday	8:30am – 1:30pm
Saturday	8:15am – 12:15pm

Evening Hours:

Monday – Thursday	6:00pm – 8:30pm
Friday	NONE

Cost:

\$3.00/hr for the 1st child

\$2.50/hr for the 2nd child

\$2.00/hr for the 3rd child

Peninsula Community Center

www.peninsulacommunitycenter.com

Phone: (650) 364-6272