



# PCC TRI TRAINING SCHEDULE

(JB) Jobella Bryant (YB) Yvette Busalacchi (JC) Jessica Campbell (KC) Kathy Craig (AH) Angela Hudson (JG) Jenn Gaskin (RH) Ryan Huo (AI) Angie Ibarra (KI) Kristy Irons (BK) Bo Kastelic (JuM) Julie Manuel (DM) Diana Mariucci (SM) Stella Marquez (RM) Rod Medeiros (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 - 7am Bootcamp Meet in Lobby		5:45 - 7am Bootcamp Meet in Lobby	
	5:50 - 6:50am (Gym) Group Power (DR)		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)			7:15 - 8:15am (Gym) Group Power (Rotating)
8:40 - 9:40am* Spinning (JuM)	8:30 - 9:30am* (Gym) Group Power (DS)	<b>8:40 - 10:15am* Spin/Run (MM)</b>	8:30 - 9:10am* Spinning (YB)	8:30 - 9:30*am (Bay) Yoga (JC)	8:25 - 9:25am* (Bay) Pilates (Rotating)
8:30 - 9:30am* (Gym) Pilates (DR)	8:30 - 9:30*am Bay Yoga (SM)	8:30 - 9:30am* (Gym) Pilates (DR)	8:45 - 9:45am* Group Power - Gym (DS)	<b>8:45 - 9:30am* (Gym) (DS)</b> Abs & XI R8	8:25 - 9:40am* Spinning (Rotating)
	9:35 - 10:30am* Spinning (DS)		9:15 - 10:15*am (Bay) Yoga (JC)	<b>8:50 - 10:30am* Swim/Spinning (MM)</b>	
9:40 - 10:40am* (Bay) Group Power (DR)	<b>9:40 - 10:30* (Gym) Body Blast (DR)</b>	9:40 - 10:40am* (Bay) Group Power (RH)	9:50 - 10:45am* Spinning (DS)		
	10:40 - 11:40am* (Bay) Pilates (DR)		10:00 - 10:50* (Gym) Body Blast (MM)		
	<b>1:30 - 2:30pm (Bay) Beginning Yoga (MS)</b>		10:30 - 11:30am* (Bay) Pilates (MS)		
<b>6:00 - 7:30pm* Spin/Run (GM/MM)</b>	6:00 - 7:00pm* (Gym) Group Power (KI)		6:00 - 7:00pm* (Gym) Group Power (KI)		
	6:00 - 7:15pm* (Bay) Yoga (JG)	<b>5:30 - 7:00pm* Swim/Spin (GM/MM)</b>	7:00 - 8:00pm* (Bay) Pilates (AH)		

CLASS COLOR KEY: FLEXIBILITY CLASSES STRENGTH/CARDIO TRI MULTI SPORT TRAINING

Additional Tri Sessions and Clinics will be available based on availability of participants

## Masters

6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am
12:00 - 1:00pm*	12:00 - 1:00pm*	12:00 - 1:00pm*	12:00 - 1:00pm*	12:00 - 1:00pm*	7:15 - 8:30 am*
6:45 - 8:00pm*		6:45 - 8:00pm*			8:30 am - 9:30 am*

[www.peninsulacommunitycenter.com](http://www.peninsulacommunitycenter.com)

Phone: (650) 364-6272

\*Childcare is offered during these times.

# GETTING THE MOST OUT OF YOUR TRI TRAINING

In training for a triathlon it is important to mix in strength and flexibility training along with running, biking and swimming. This tri schedule outlines existing classes PCC offers that will help prepare you for a triathlon and keep you fit. Choose classes highlighted in blue to help you train and build cardio/strength. Classes that will help your flexibility are highlighted in green. In addition group trainings have been added specifically for you. Look for the classes circled in orange for workouts combining either swimming and biking or biking and running. These will challenge your endurance, help you burn more calories and prepare you for triathlons.

Email: [Triteam@peninsulacovenant.com](mailto:Triteam@peninsulacovenant.com)

## Bootcamp

A variety of running and circuits including step work and weights will make it worth your while to be up at this hour

## 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.

## Yoga

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

## 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.

## Pilates

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

## PCC CHILDCARE:

Ages 6 months thru 5 years. NO SICK CHILDREN. NO RUNNY NOSES. **FIRST COME, FIRST SERVE.**

### Morning Hours:

M-F: 8:30 - 1:30pm

Saturday: 8:15 - 12:15pm

### Evening Hours:

M-Th: 6 - 8:30 pm

Friday NONE

### Cost:

\$3/hr for the 1st child

\$2.50/hr for the 2nd child

\$2/hr for the 3rd child