

Class Descriptions

Core, Agility & Power Sculpt:

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. You owe it to yourself to come try it out!

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, it combines resistance training, flexibility exercise, cardio and social opportunities.

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

Pi – Yo

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

Spinning (Indoors)

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! The 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, relaxation and enhances flexibility. You will be introduced to variety of methods and learn all the fundamental poses and more. It's a great stress reliever.

First Come – First Served!

PCC Childcare

Ages 6 months through 5 years
No SICK children
No runny noses

SUMMER - SEE SEPARATE SHEET FOR HOURS

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: 8:30am – 12:30pm

Evening Hours

Monday – Thursday: 6:00 – 8:30pm

Cost:

\$3.00 /hr for the 1st child
\$2.50 /hr for the 2nd child
\$2.00 /hr for the 3rd child

Updated: 9/15/08