



# Group Exercise Schedule

(JB) Jobella Bryant (KC) Kathy Craig (AI) Angie Ibarra (JG) Jenn Gaskin (BK) Bo Kastelic (KI) Kristy Irons (DM) Diana Mariucci (SM) Stella Marquez (GM) Glenn Miller (MM) Meredith Mclean (JM) Jeanette Mucha (CR) Carol Roach (DR) Dawn Rollandi (JS) Julie Smyser (DS) Debby Stimmler (MS) Monique Story (JV) Joanne Verbeck

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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)	5:45 - 7am Bootcamp Meet in Lobby	
5:50 - 6:50am Spinning (MM)		5:50 - 6:50am Spinning (BK)		5:50 - 6:50am Spinning (JM)	7:15 - 8:15am* (Gym) Group Power (Rotating)
8:40 - 9:40am* Spinning (BK)	8:30 - 9:30am* (Gym) Group Power (DS)	8:40 - 9:40am* Spinning (MM)	8:30 - 9:10am* Spinning (JV)	8:30 - 9:30*am Bay Yoga (JV)	8:25 - 9:25am* (Bay) Pilates (Rotating)
8:30 - 9:30am* (Gym) Pilates (JV)	8:30 - 9:30*am Bay Yoga (SM)	8:30 - 9:30am* (Gym) Pilates (JV)	8:45 - 9:45am* Group Power - Gym (DS)	8:45 - 9:30am* (Gym) (DS) Even dated Friday Abs, XLR8	8:25 - 9:25am* Spinning (Rotating)
9:40 - 10:40am* (Bay) Group Power (DR)	9:35 - 10:30am* Spinning (DS)	9:40 - 10:40am* (Bay) Group Power (JS)	9:15 - 10:15*am (Bay) Yoga (JV)	Odd dated Fridays Abs, Zumba (DS)	8:25 - 9:25am* (Gym) ZUMBA (AI)
9:30 - 10:30am* (Gym) Silver Sweat (CR)	9:40 - 11:30* (Gym) Body Blast (DR)	9:30 - 10:30am* (Gym) Silver Sweat (KC)	9:50 - 10:45am* Spinning (DS)	9:30 - 10:30am* Spinning (JV)	
	10:30 - 11:30am* (Gym) Pilates (DR)		10:00 - 10:50* (Gym) Body Blast (MM)	9:40 - 10:40am* (Gym) Silver Sweat (KC)	
	1:30 - 2:30 (Bay) Beginning Yoga (JV)		10:30 - 11:30am* (Gym) Pilates (MS)		
6:00 - 7:00pm* Spinning (GM)	6:00 - 7:00pm* (Gym) Group Power (KI)		6:00 - 7:00pm* (Gym) Group Power (JS)		
6:45 - 7:45 pm* (Bay) Pi-Yo (MS)	6:15 - 7:30pm* (Bay) Yoga (JG)	6:00 - 7:00pm* Spinning (GM)	7:00 - 8:00pm* (Bay) Pilates (DR)		
	7:15 - 8:15pm* (Gym) ZUMBA (AI)		7:15 - 8:15pm* (Gym) ZUMBA (AI)		

\*Childcare is offered during these times.

## AquaAerobics

8:30 - 9:30*am Hydropump Class (JS)	8:15 - 9:00am Wet Sweat - (DM)	8:30 - 9:30*am Hydropump Class (JS)	8:15 - 9:00am Wet Sweat - (DM)	8:30 - 9:30*am Hydropump Class (JS)
6:15 - 7:00*pm Wet Sweat (DM)			6:15 - 7:00*pm Wet Sweat (DM)	9:00 - 9:45*am Wet Sweat (DM)

Spin Room Bayview [www.peninsulacommunitycenter.com](http://www.peninsulacommunitycenter.com)  
 Pool Gym Phone: (650) 364-6272

**EFFECTIVE  
Mar 8, 2010**

# Class Descriptions

## Abs XLR8 (Accelerate)\*, Abs Zumba\*

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. \*Odd dated Fridays: Zumba, Even dated Fridays: XLR8..Abs every week.

## Body Blast

A combination class using full body strength and ab moves with dynamic cardio circuits. Indoor bootcamp intervals, kickboxing circuits, and upper/lower body sculpting moves keeps you and this class moving as you shape the body you want.

## Bootcamp

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

## 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

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..

## ZUMBA

Mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, calypso, and Salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms.

## 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: 6:00 - 8:30pm

Friday: NONE

### Cost:

\$3.00 /hr for the 1<sup>st</sup> child

\$2.50 /hr for the 2<sup>nd</sup> child

\$2.00 /hr for the 3<sup>rd</sup> child

Updated: 3/5/09