

# PELICAN ATHLETIC CLUB GROUP EXERCISE SCHEDULE

APRIL, 2018

	M	T	W	TH	F	S	S
STUDIO 1	5:00AM BODY PUMP	7:30AM GUNS & GLUTES	5:00AM BODY PUMP	7:30AM GUNS & GLUTES	5:00AM BODY PUMP	8:00AM CLUB STUDIO 1	
	8:00AM KILLER CORE	8:45AM PURE STRENGTH	8:00AM KILLER CORE	8:45AM PURE STRENGTH	8:00AM KILLER CORE	9:00AM BODY PUMP	
	8:30AM ZUMBA!	10:50AM ZUMBAGOLD	8:30AM CIZE	9:45AM BODY COMBAT	8:30AM KETTLEFIT		
	9:45AM BODY PUMP	12:00PM KETTLEFIT EXPRESS	9:45AM BODY PUMP	10:50AM ZUMBAGOLD	9:45AM BODY PUMP		
	4:30PM THE RED ZONE	4:30PM THE RED ZONE	5:30PM BODY COMBAT	12:00PM KETTLEFIT EXPRESS	5:00PM BODY COMBAT		
	5:30PM BODY COMBAT	5:30PM BODY PUMP	6:30PM ZUMBA!	4:30PM THE RED ZONE			
	7:00PM BODY PUMP			5:30PM BODY PUMP			
				6:30PM CLUB STUDIO 1			
SPIN STUDIO	5:15AM SPINNING	5:00AM SPINNING	5:15AM SPINNING	5:00AM SPINNING	8:30AM SPINNING	7:10AM SPINNING	9:30AM SPINNING
	8:30AM SPINNING	6:30AM SPINNING	8:30AM SPINNING	6:30AM SPINNING	9:40AM TABATA	8:30AM SPINNING	
	12:00PM SPINNING	9:30AM SPINNING	9:40AM TABATA	9:30AM SPINNING	12:00PM SPINNING	10:15AM SPINNING	
	4:45PM SPINNING	6:00PM SPINNING	12:00PM SPINNING	5:45PM SPIN STRENGTH			
	6:00PM SPINNING		4:30PM SPIN STRENGTH				
			6:00PM SPINNING				
MIND/BODY STUDIO	8:30AM TOTAL BODY BARRE	8:30AM YOGA Level 1-2	8:30AM TOTAL BODY BARRE	8:30AM YOGA Level 1-2	9:00AM POWER YOGA Level 2-3	8:30AM PILATES FUSION	4:00PM YOGA Level 1-3
	9:45AM YOGA Level 1-3	9:50AM PIYO	9:45AM YOGA Level 1-2	9:50AM PIYO	10:50AM GENTLE YOGA Level 1	10:00AM YOGA Level 1-3	
	4:30PM PIYO	11:30AM SLOW FLOW RESTORATIVE	10:50AM GENTLE YOGA Level 1	11:30AM SLOW FLOW RESTORATIVE			
	5:30PM YOGA Level 1-3	5:30PM PILATES SCULPT	5:30PM GENTLE YOGA Level 1	5:30PM PILATES SCULPT			
	6:30PM TOTAL BODY BARRE	6:30PM HEATED POWER VINYASA YOGA	6:30PM TOTAL BODY BARRE	6:30PM HEATED POWER VINYASA YOGA			
CIRCUIT STUDIO	8:30AM KETTLEFIT (GYM)	5:15AM BOOT CAMP (GYM)	8:30AM FREE-STYLE CIRCUIT	5:15AM BOOT CAMP (GYM)	8:30AM FREE-STYLE CIRCUIT		10:00AM ROW POWER (Performance Center)
	8:30AM FREE-STYLE CIRCUIT	8:30AM STRONG & TONED (GYM)	9:45AM Y.E.S. CIRCUIT	8:30AM STRONG & TONED (GYM)	9:45AM Y.E.S. CIRCUIT		
	9:45AM Y.E.S. CIRCUIT	9:45AM Y.E.S. CIRCUIT	11:00AM ROW-N-TONE (Performance Center)				
	11:00AM ROW-N-TONE (Performance Center)						
WATER	7:00AM DEEP H2O RUNNING	8:30AM AQUA FITNESS	7:00AM DEEP H2O RUNNING	8:30AM AQUA FITNESS	7:00AM DEEP H2O RUNNING	9:00AM AQUA FITNESS	
	8:30AM AQUA FITNESS		8:30AM AQUA FITNESS	6:30PM AQUA FITNESS	8:30AM AQUA FITNESS		
	6:30PM AQUA FITNESS						

# PELICAN ATHLETIC CLUB OFFERS A VARETY OF GROUP EXERCISE CLASSES FREE WITH MEMBERSHIP.

## STUDIO ONE

**BODY COMBAT™:** An empowering cardio workout where you are totally unleashed. This energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, tae-kwon-do, tai chi and mu ay thai.

**BODY PUMP:** This is a group strength training class set to music using plate-loaded barbells. This 60-minute workout will give you the results you're looking for.

**BOOT CAMP:** You'll complete a full body training session alternating from cardio to strength to endurance.

**CIZE™ LIVE: HIP CHOREOGRAPHY + HOT MUSIC + NONSTOP MOVEMENT**

A NEW dance workout. Think you can't dance? With CIZE™ LIVE, now anyone can dance. Get ready to feel the rush, the music, the movement, and the adrenaline of dancing it all out! You'll be so in the zone mastering the moves, feeling the beat, and wanting more, you'll forget you're working out!

**CLUB STUDIO 1** -Come for a high energy cardio class set to music both past and present! You will sweat while you swing dance, feel heart pumping hip hop and strengthen through smooth salsa. Moves are fun and repetitive!

**GUNS AND GLUTES** -This class will build, strengthen, and tighten each major muscle group by using dumbbells, stability ball, barbells, body bars, body weight, bosou and bands. Beginner or advanced Studio !

**KILLER CORE:** This workout will define your abs and strengthen your back resulting in a healthier posture. Join us as you challenge your core like never before.

**PURE STRENGTH:** A full body workout, designed for participants wanting to do resistance training in a group fitness setting. Improve muscular strength and definition using various equipment, body weight exercises, and non-stop movement! This class can be modified to fit and challenge any fitness level.

**THE RED ZONE:** This is a one hour intense and challenging HIIT workout proven to burn calories while using weights, bands, etc. Come ramp up your metabolism and ignite your energy and reach for "THE RED ZONE".

**ZUMBA:** Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The goal is simple: we want you to want to work out, to love it, and get hooked!

**ZUMBA GOLD:** This class is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

**KETTLEFIT:** This is a cardio class utilizing kettle bell for a fun and effective full body workout. This 60 minute class offers resistance training to sculpt and tone your entire body while providing high energy cardio benefits.

**KETTLEFIT EXPRESS:** This express class offers the same benefits as the Kettlefit class in an express 30 minute timeframe.

## CIRCUIT STUDIO

**FREE STYLE CIRCUIT:** A high energy class alternating strength and cardio to maximize the most efficient workout. Focus on fun, technique, core and improve your body's metabolism, great for Baby Boomers!

**ROW POWER:** An hour of high intensity training using rowers, weights, and cardio drills in the Performance Center. This class will challenge and push you to your limit. Fun and fast paced!

**ROW & TONE** This class consists of challenging intervals of rowing and toning exercises, completing as many rounds as possible. This 45 minute class will use body weight exercises to amp up your basic rowing session.

**Y.E.S. (Young Energetic Seniors) Circuit:** This total body workout combines cardiovascular, strength, and endurance in one exercise session.

## WATER

**AQUA FITNESS:** Work cardio & strength with minimal impact on your joints. These in-the-water classes create a challenging and fun atmosphere. Shake-up your routine, hit the water, and enjoy the variety.

**DEEP WATER RUNNING:** Runners cross-train in the pool while minimizing injury risk. This challenging program combines tethered sprinting with interval training. Explosive plyometric drills complete this innovative, calorie-burning class. (Express class is a 30 minute version).

## MIND/BODY STUDIO

**NO SHOES ALLOWED. PLEASE NOTE: TO LIMIT INTERRUPTIONS, WE ASK THAT ALL STUDENTS IN THE MIND/BODY STUDIO ARRIVE WITHIN THE FIRST 15 MINUTES OF CLASS.** To provide a silent environment for meditation and optimal relaxation, the doors may be locked after the first 15 minutes of class. Thank you for your consideration!

**GENTLE YOGA:** Level 1: Begin your yoga practice with a solid foundation. This class focuses on the development of core strength, alignment, balance, postures and breathing techniques that gradually build flexibility and strength. Geared towards mature adults, students who have fibromyalgia, joint problems and post-surgical issues are welcome to join.

**HEATED POWER VINYASA YOGA:** This all-levels class is an invigorating vinyasa flow that will empower and transform your body, mind and spirit. Learn to go with the flow, find your edge and practice at your own level. The room is heated from 85 to 90 degrees.

**HOT YOGA:** Practice holding yoga poses, engaging in power flow and using breathing exercises designed to detoxify the body in a heated room. Be prepared to sweat! Hot Yoga is not advised for beginner students or students with health concerns.

**PIYO:** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**PILATES FUSION:** A Pilates based workout focusing on total body conditioning fused with isometric body sculpting exercises.

**PILATES SCULPT:** Incorporating Pure Pilates techniques, this class expands to include the use of bands, hand weights and balls for a comprehensive sculpting session.

**POWER YOGA:** Level 2-3: A 90 minute class with emphasis on movement, balance and intention. Class focuses on engaging your core strength to support more advanced postures. The last 30 minutes of class will include inversions and arm balance that assist in detoxing the body and exhilarating the mind. This class is not recommended for beginner students.

**SLOW FLOW RESTORATIVE:** Class begins with a slow flow to warm the body, open the joints, and deepen the breath. Restorative poses with props are then integrated and held for 3 to 5 minutes. This is great preventative work for athletes who do intense training

**TOTAL BODY BARRE:** This class integrates both STRENGTH and ENDURANCE throughout your workout. You will alternate between exercises that demand intense strength, energy and deep stretches, allowing your muscles to become longer and leaner utilizing the ballet bar and mat.

**YOGA Level 1-2:** This class accommodates mixed levels of students by incorporating various types of yoga techniques. Friendly to all fitness levels and perfect for anyone looking to improve their strength, flexibility and balance.

**YOGA Level 1-3:** This class focuses on the alignment, flexibility and recognizes that one size does not fit all. Modifications will be given to students to link poses and sequenced ranging from gentle to advanced based on individual abilities.

## SPIN STUDIO

**YOU MUST SIGN UP FOR A SPIN CLASS AT THE FRONT DESK. SIGN-UP SHEETS ARE AVAILABLE 30 MINUTES PRIOR TO CLASS. YOU CAN MAKE A SPIN RESERVATION 24 HOURS IN ADVANCE FOR A \$2 FEE. SPD clips are recommended for the spin bikes.**

**SPINNING:** A 45-55 minute cardio vascular workout on a stationary bike set to music. A resistance knob on the bike dictates the intensity of the ride, so each student can ride at their own level.

\*Variations on the spinning class include a spin & sculpt and a spin & core class. These classes will incorporate strength moves using light hand weights and core exercises utilizing a mat and your body weight.

**TABATA:** A high intensity work out doing 20 second intervals with 10 seconds rest. This will be a highly efficient fat and calorie burn (30-45min).

**SPIN STRENGTH:** A 45 minute class of 5 minute intervals of strength with weights and spin.

Classes and instructors are subject to change without notice.  
Visit [www.thepac.com](http://www.thepac.com) for class instructors and updated schedule information.