

GROUP EXERCISE CLASS DESCRIPTIONS

All Group Exercise Classes are designed for everyone to enjoy, no matter your fitness level. Our Instructors will offer modifications to assist you getting the most out of any class. PAC features one of the strongest and most complete group exercise programs in the area. We bring professional training and passion to your fitness goals. These classes are complimentary with membership. View the list and description of our Group Exercise Classes below.

STUDIO ONE

Body Pump

Strength training class set to music using plate-loaded barbells. This 60 minute workout will give you the results you are looking for.

HIIT + Flow

Broken into 3 segments, 1st active bodyweight warm up. 2nd strength training & HIIT circuits. 3rd yoga inspired, core focused cool down.

The Red Zone

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."

Club Studio One

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.

Pilates Sculpt

A modern twist to a classic work out. Incorporates Pilates mat work along with the use of various equipment including weights, stability balls, bands, gliders and more, developing a strong inner core while sculpting long, lean muscles.

Zumba

Fuses hypnotic Latin rhythms & easy to follow moves to create a dynamic fitness program. Have fun while working out!

Functional Fitness

Train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. Resistance bands, weights and stability balls will be used.

Pure Strength

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. The class can be modified to fit and challenge every fitness level. Pure strength Express is a 30 minute version of this class.

CIRCUIT STUDIO, GYM + PERFORMANCE CENTER

Free-Style Circuit

A high energy class alternating strength and cardio to maximize the most efficient workout. Focus on fun, technique, and 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.

YES (Young Energetic Seniors) Circuit

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

AQUA

Aqua Fit

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.

MIND + BODY STUDIO

All Levels Flow

All levels Flow Energize your body and mind with an active flow incorporating core strength, stretching, and breathing in a dynamic moving sequence and end the class with a guided relaxation. Students are encouraged to move at their own pace as they become internally aware of the body, mind and breath working together.

Balance Training

Get stronger and improve your balance through exercises that maintain strong leg muscles and prevent falls. You will strengthen the ankle, knee and hip joints and improve overall body awareness.

Functional Yoga

An all levels class focusing on anatomy and structural strengthening that will link movements to breath and improve natural functional movement. This class will work to refine the basics of yoga with emphasis on alignment, stability and development of core strength.

Gentle Yoga

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. This class focuses on the development of core strength, alignment, balance, postures and breathing techniques that gradually build flexibility and strength. Emphasis is on building awareness of the breath and the body.

Pilates Sculpt

Not your typical Pilates class it's a modern twist to a classic work out. This class incorporates Pilates mat work along with the use of various equipment including weights, stability balls, bands, gliders and more. You will develop a strong inner core while sculpting long, lean muscles.

Power Flow/ Heated Power Flow

This class is an invigorating Vinyasa (flow) that will transform your body, mind and spirit. Holding poses for a longer time will empower you while improving strength and stamina significantly. Find your edge and practice at your own level. In Heated Power Flow the room is heated from 85 to 90 degrees.

Renew Yoga & Meditation

This gentle flow class focuses on the experience of being in your body and with your breath. Combining gentle and dynamic flow with longer holds to help alignment in our bodies and within ourselves. Class will end with a mindful meditation promoting inner peace, heightened attention, focus and calmness. For all levels.

Total Body Barre

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.

SPIN

HIIT Spin

Uses alternating intervals of high intensity speed work and resistance ladders in and out of the saddle. This cardio explosion with it's high energy music mix will boost your metabolism and torch calories while you enjoy ride. HIIT 30 is a 30 minute version of this class.

Pedal Party

A high energy 45-minute spin class with upbeat rhythm based choreography. In sync with the playlist, you will experience intense bursts of work followed by short periods of recovery. This will challenge your physical limits and encourage you outside of your comfort zone.

Pure Spin

Burn calories and build endurance in this fundamental classic spin class where all levels are welcome. Get your heart pumping while you pedal through hill climbs, sprints, and timed intervals. Each class will guide you through proper form, RPM ranges, resistance levels and heart rate parameters giving the tools you need to maximize your ride.

Pulse

An indoor cycling rides to the rhythm of powerful music. Class is set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

Spin Strength Intervals

Cardio workout combined with resistance training to build strength. You will experience timed intervals alternating on and off the bike incorporating various resistance equipment, body weight and plyometric exercises. Spin shoes are not recommended for this class.