

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.

PELICAN
ATHLETIC CLUB

MIND + BODY STUDIO

All Levels Flow

Energize your body & mind with an active flow incorporating core strength, stretching, & breathing in a dynamic moving sequence. Students are encouraged to move at their own pace.

Balance Training

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

Functional Yoga

All levels class focusing on anatomy & structural strengthening that will link movements to breath & improve natural functional movement. Work to refine the basics of yoga with emphasis on alignment, stability & development of core strength.

Gentle Yoga

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

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. This is great preventative work for athletes who do intense training.

Booty Barre 30

This 30-minute Barre class will use various equipment to strengthen and sculpt long and lean muscles targeting your lower body and glutes.

Align & Shine

Suitable for all levels, from beginners to advanced practitioners seeking refinement. Emphasis on proper body alignment to enhance posture and flexibility and prevent injury. Detailed instruction on foundational poses to build strength and balance while never losing attention to the breath.

Pilates Sculpt

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 & more. Develop a strong inner core while sculpting long, lean muscles.

Warm 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. Warm Power flow is 80 degrees.

Renew Yoga & Meditation

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

Strength & Flow

A yoga class with emphasis on movement, balance and intention. Focus is on engaging core strength and alignment to support more advanced postures. The class recommended for experienced Yogis.

Beyond the Barre/Noon at the Barre

Involves high-repetition bodyweight exercises that hold the muscles of the legs, abdominals, glutes, and arms under tension for extended periods. Working these large muscle groups to fatigue will enhance cardio fitness, build the strength required to maintain posture and stability as well as burn calories during and after class.

Core In Motion

Connect with your core, a key component of overall health, and feel energized with this whole-body workout featuring a fusion of Barre, Pilates, body weight exercises, cardio and more!

Circle Mobility

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises.

STUDIO ONE

Ageless Agility

A 45-minute moderate-intensity workout that incorporates low-impact cardio, strength, flexibility, and joins a range of motion. A variety of equipment will be used each week

HIIT + Flow

It is broken into three segments, 1st an active bodyweight warm-up. 2nd strength training & HIIT circuits. 3rd yoga-inspired, core-focused cooldown.

Kettlefit

This cardio class utilizes the kettlebell for a fun, effective full-body workout. This class offers resistance training to sculpt and tone your entire body while providing high-energy cardio benefits.

Sit Strong

A low intensity workout designed to improve strength, bone density, flexibility and overall health. Seated exercises are great for anyone with balance/mobility issues or those recovering from an injury/surgery.

Tai Chi

A moving meditation that can improve balance, posture, flexibility, strength, and endurance through a series of gentle stretching and movement, creating harmony between the body and mind.

Zumba

Fuses hypnotic Latin rhythms & easy to follow moves to create a dynamic fitness program.

Core 30

Define your abs and strengthen your back resulting in a healthier posture.

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 are looking for

Pure Strength

Full body workout designed for those wanting resistance training in a group setting. Improve muscular strength and definition using various equipment, body weight exercises and non-stop movement. Pure strength Express is a 30 minute version of this class.

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."

Chair Yoga

A gentle and supportive approach to yoga using a chair with an emphasis on joint mobility and range of motion. Perfect for individuals with balance or mobility issues or those recovering from an injury or surgery

Weekend Warrior

An hour of high intensity training using weights, and cardio drills. This class will challenge and push you to your limit. Fun and Fast paced!

Lower Body Express/Best Butt Ever

This 30-minute lower body strength training class will focus on building strength in the muscles of the legs and glutes. It will incorporate various equipment such as weights, resistance bands and kettle bells along with body weight exercises.

Cardio Party

Is it considered working out if it's fun!? This fun whole-body workout is great for your heart, improves cognitive function, balance and coordination with easy-to-follow movements and music of all genres and decades.

Lift

It targets all muscles and strengthens the entire body in a fun, high-energy environment. Includes light to moderate weights with repetitive movements to get lean, toned, and fit fast.

Empower Dance/Dancefit

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 easy and repetitive and you will have so much fun you will forget you are working out.

Upper Body Express

This 30 minute upper body strength training class will focus on building strength in the muscles of the back, chest and arms. It will incorporate various equipment such as weights, resistance bands and kettlebells along with body weight exercises.

Tabata (30)

A high intensity interval training (HIIT) workout that uses short, intense exercises to burn calories and build muscle. This class delivers a full body workout with a focus on utilizing different muscle groups in conjunction with cardio rounds to increase endurance, strengthen muscles, and burn fat.

CIRCUIT STUDIO, GYM + PERFORMANCE CENTER

Free-Style Circuit

A high energy class alternating strength & cardio to maximize the most efficient workout. Focus on fun, technique, core & improve your body's metabolism. Great for baby Boomers!

YES (Young Energetic Seniors) Circuit

Total body workout combines cardiovascular, strength and endurance in one class.

Balance Circuit

A high energy class alternating strength and balance to maximize the most efficient workout. Focus is on core strength along with increasing mobility in the ankle, knee and hip joints and an increase in overall body awareness.

AQUA

Hydro HIIT

Unlock your athletic potential with Hydro HIIT, a 60 min HITT workout in the water. Quick bursts of vigorous, powerful moves will allow you to punch, kick, ski or skate your way to improved strength, cardiovascular health and with less joint impacts.

Aqua Intensity

For those who love the challenge of a tough workout but recognize the cross training benefits of lower joint impact. Using resistance equipment, we'll take advantage of the unique properties of water and target core strength, cardiorespiratory training, head to toe muscle conditioning.

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.

Fluid Moves

A low impact but high intensity water aerobics class. Is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

Total Body Tone

This class integrates cardio moves along with buoyancy and strength components. Noodles and water weights will be used to help tone and strengthen.

Saturday Splash

Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

Fit Friday

Work cardio and strength with minimal impact on your joints. Fit Friday will feature a variety of formats such as Aqua Zumba, Aqua Cardio and Aqua Sculpt. Shake up your routine, hit the water and enjoy the variety.

Power Waves

A fun and challenging workout in the water using interval training and power moves to improve strength and flexibility, muscle endurance, and cardiovascular fitness

SPIN

HIIT Spin/ HIIT Spin 30

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.

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.

Pure Spin

Classic spin class for all levels. Burn calories, build endurance with hill climbs, sprints, and intervals. Learn proper form, RPM, and resistance.

Cycle Beats

Rhythmic cycling with an addictive playlist to motivate and challenge. Build cardio strength, power, and endurance. Leave stress behind and push your limits.