

PAC Fitness Classes Spring 2018

Yoga: For those who have never tried yoga before as well as more seasoned participants. Beginners will be introduced to the basic principles of yoga and begin to strengthen the mind and body. More advanced participants will also find a great strengthening workout with instructor led modifications. Classes are Mondays and Wednesdays from Noon-1pm in Fitness Studio 2. Cost is \$72.

Class Dates:

Feb – 7, 12, 14, 19, 21, 26, 28

Mar – 5, 7, 12, 14, 19, 21

April – 4, 9, 11, 16, 18, 23, 25, 30

May – 2, 7, 9

Yoga/Pilates: For those who have never tried yoga and Pilates before as well as more seasoned participants. Beginners are introduced to the basic principles of yoga and Pilates and will begin to strengthen the mind and body. More advanced participants will also find a great strengthening workout with instructor led modifications. Classes will be on Mondays and Wednesdays from 7-8am in Fitness Studio 2. Cost is \$75.

Class Dates:

Feb – 5, 7, 12, 14, 19, 21, 26, 28

Mar – 5, 7, 12, 14, 19, 21

April – 4, 9, 11, 16, 18, 23, 25, 30

May – 2, 7, 9

Boot camp: For those looking for a complete body workout. The fast-paced class will focus on different muscle groups. Exercises designed to get energy moving and burn calories. This is perfect for those who want to condition and learn about the fundamentals of body strength and movement. Classes are on Tuesdays and Thursdays from 6am to 7am in Fitness Studio 1. Class is \$78

Class Dates:

Feb – 6, 8, 13, 15, 20, 22, 27

Mar – 1, 6, 8, 13, 15, 20, 22

April – 3, 5, 10, 12, 17, 19, 24, 26

May – 1, 3, 8, 10

Kickboxing: A great workout for everyone interested in improving his or her fitness and stamina. This class is flexible to serve the needs of everyone – beginners will get into shape and more advanced participants will be challenged to improve their fitness. The class format integrates combinations of muscle and motion exercises to strengthen and tone. Classes are on Tuesdays and Thursdays from Noon to 1pm in Fitness Studio 1. Cost is \$72.

Class Dates:

Feb – 6, 8, 13, 15, 20, 22, 27

Mar – 1, 6, 8, 13, 15, 20, 22

April – 10, 12, 17, 19, 24, 26

May – 1, 3, 8, 10

Tai Chi: This graceful form of exercise involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This is a great workout for everyone interested in learning and improving his or her technique. Classes are on Mondays and Wednesdays from Noon to 1pm in Fitness Studio 1. Cost is \$75.

Class Dates:

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April – 4, 9, 11, 16, 18, 23, 25, 30

May – 2, 7, 9

Spin: For all fitness levels, spin combines strength with speed, improving cardiovascular fitness while burning lots of calories. Classes are on Mondays and Wednesdays from 6am to 7am in Fitness Studio 1. Cost is \$75.

Class Dates:

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Mar – 5, 7, 12, 14, 19, 21

April – 4, 9, 11, 16, 18, 23, 25, 30

May – 2, 7, 9