

PSC CLASS DESCRIPTIONS

P=All Levels PP=Intermediate PPP=Advanced

ABS, HIPS & THIGHS – TRIM YOUR WAISTLINE! FIRM YOUR HIPS AND TONE YOUR THIGHS WITH 30 MINUTES OF EFFECTIVE EXERCISES FOCUSING ON YOUR ABS, HIPS AND THIGHS. FAST AND EFFECTIVE! P/PP/PPP

ADULT BALLET – PSC ADULT BALLET PROVIDES AN INVITING ATMOSPHERE WITH TECHNICAL AND PROFESSIONAL EXPERTISE. IMPROVE AGILITY, STRENGTH, POSTURE AND GRACE. LEARN THE FUNDAMENTALS OF BALLET TERMINOLOGY, DISCIPLINE AND CREATIVE EXPRESSION. BARRE WORK, ACROSS THE FLOOR WORK AND COMBINATIONS WILL BE INCLUDED. P/PP/PPP

BODYATTACK™ – A SPORTS INSPIRED CARDIO WORKOUT FOR BUILDING STRENGTH AND STAMINA; THIS CLASS COMBINES HIGH ENERGY INTERVAL TRAINING AND ATHLETIC AEROBIC MOVEMENTS WITH STRENGTH AND STABILIZATION EXERCISES. DYNAMIC INSTRUCTORS AND POWERFUL MUSIC MOTIVATE EVERYONE TOWARDS THEIR FITNESS GOALS-FROM THE WEEKEND ATHLETE TO THE HARD CORE COMPETITOR! PP/PPP

BODYCOMBAT™ – A FIERCELY ENERGETIC PROGRAM INSPIRED BY MARTIAL ARTS AND A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAEKWONDO AND TAI CHI. SUPPORTED BY DRIVING MUSIC AND ROLE MODEL INSTRUCTORS STRIKE, PUNCH AND KICK YOUR WAY THROUGH CALORIES TO SUPERIOR CARDIOVASCULAR FITNESS. *DEMO CLASSES WILL INSTRUCT TECHNIQUE AND SAFETY TO GET YOU READY FOR LAUNCH ON JUNE 20TH.* PP/PPP

BODYPUMP™ – THE FASTEST WAY TO SHAPE UP AND LOSE BODY FAT; BODYPUMP IS A TONING AND CONDITIONING CLASS WITH WEIGHTS. PERFECT FOR MEN AND WOMEN WHO WANT TO ADD STRENGTH TRAINING INTO THEIR AEROBIC WORKOUT. HOT SOUNDS AND COMPELLING CHOREOGRAPHY KEEP YOU MOTIVATED AND COMING BACK FOR MORE! PP/PPP

BODYVIVE™ – THE PERFECT PROGRAM FOR ANYONE SEEKING IMPROVED MUSCULAR STRENGTH, INCREASED HEART HEALTH, IMPROVED FLEXIBILITY, BETTER AGILITY AND BALANCE, WEIGHT LOSS AND GENERAL WELLNESS. THE CLASS IS CHOREOGRAPHED TO POPULAR MAINSTREAM MUSIC FROM THE 60'S, 70'S, 80'S, 90'S AND TODAY. P/PP/PPP

CARDIO MIX – A MIX OF YOUR FAVORITE CARDIOVASCULAR EXERCISES ALL ROLLED INTO ONE HOUR OF HIGH ENERGY, FAT BURNING FUN: STEP, JUMP ROPE AND EVERYTHING IN BETWEEN. VARIETY AND MOTIVATING INSTRUCTORS WILL KEEP YOU COMING BACK FOR MORE! P/PP/PPP

CLASSROOM WITHOUT WALLS – A VARIATION OF BOOT CAMP AND INTERVAL TRAINING EXERCISES TAKEN OUTSIDE TO ENJOY THE SUNSHINE! FEEL GOOD GETTING OUTDOORS AND GETTING FIT! DRESS FOR THE WEATHER. WEAR TENNIS SHOES, SUNSCREEN AND DON'T FORGET YOUR WATER. P/PP/PPP

PILATES – THIS FULL BODY WORKOUT SIGNIFICANTLY CHALLENGES CORE STRENGTH, DYNAMIC STABILITY AND COORDINATION. EXERCISES MAY INCLUDE WEIGHTS, BALLS, BANDS AND OTHER PROPS FOR AN ADDED CHALLENGE AND VARIETY. P/PP/PPP

PILATES MIX - HAVE FUN WITH A VARIETY OF EXERCISES FROM TRADITIONAL PILATES TO BALLET! A MIX OF STYLES KEEPING IT FUN FOR ALL! P/PP/PPP

PEAK RUNNING CREW – A TRAINING PROGRAM FOR RUNNERS, IMPROVE RUNNING EFFICIENCY AND PERFORMANCE. TRAIN FOR SPECIFIC RACES OR RUN FOR FUN. SAFE, EFFECTIVE PROGRAMMING WITH SUPPORT FROM YOUR FELLOW RUNNERS. 1/2 HOUR OF CORE WORK, FOLLOWED BY AN OUTDOOR RUN ON THE PERRYVILLE BIKE PATH. TUESDAYS 5:00PM* MEET IN ROOM C. PP/PPP

SIGNED WAIVER REQUIRED

STEP / MULTI-STEP / BEGINNER STEP – TRY OUR ENERGETIC STEP CLASSES AND FOLLOW UP WITH TONING TO COMPLETE A FULL BODY WORKOUT! FOR AN EXTRA CHALLENGE, MULTI-STEP USES 2 OR 4 STEPS. COORDINATION, VARIETY AND FUN! NEW TO STEP, TRY **BEGINNER STEP** AND WORK UP A SWEAT WHILE LEARNING THE BASICS. P/PP/PPP

SPINNING – A CUSTOMIZED STATIONARY RACING BIKE GIVES YOU A SMOOTH WORKOUT SIMULATING OUTDOOR CYCLING; LEARN HOW TO INCORPORATE THE USE OF HEART-RATE MONITORS TO GET A SAFE AND EFFECTIVE CARDIOVASCULAR WORKOUT. *LOOKING FOR MORE? TRY **SPIN CHALLENGE**. A 1 ½ HOUR RIDE FOR THE ATHLETE IN YOU! SATURDAYS-SPIN CHALLENGE 1ST & 3RD SATURDAY EVERY MONTH; ALL OTHER SATURDAY SPIN CLASSES 1 HOUR.* P/PP/PPP

YOGA – INCREASE FLEXIBILITY AND STRENGTH WHILE RELAXING YOUR BODY AND MIND; MOVE THROUGH A VARIETY OF POSES USING YOGA FIT TECHNIQUES. IT'S THE PERFECT COMPLIMENT TO ALL EXERCISE ROUTINES. P/PP

ZUMBA – DANCE YOUR WAY TO A FITTER YOU WITH EXCITING, UNIQUE LATIN DANCE MOVES AND RHYTHMS. FUN!! P/PP/PPP

ADULT HIP HOP JAM – A COMBINATION OF DANCING, CARDIO AND A HEAVY DOSE OF FUN! LEARN DANCE TECHNIQUES AND HIGH OCTANE HIP HOP, SURE TO MAKE YOU SWEAT! GREAT ENERGY, GREAT MUSIC! PP/PPP

AQUA CLASS DESCRIPTIONS

AQUA AEROBICS – A SHALLOW WATER WORKOUT INCLUDING CALISTHENICS WITH VARIATIONS OF UPPER AND LOWER BODY STRENGTH MOVES. YOU'LL STRENGTHEN YOUR HEART AND BUILD MUSCULAR ENDURANCE AND FLEXIBILITY WITHOUT IMPACT ON YOUR JOINTS. ALL FITNESS LEVELS ARE WELCOME. P **AQUA AEROBICS CHALLENGE** - HIGH LEVEL AQUA EXERCISES FOR AN EXTRA CHALLENGE! PP/PPP

AQUA PILATES – SHALLOW WATER WORKOUT INCORPORATING PILATES EXERCISES BUILDING CORE STRENGTH, FLEXIBILITY AND COORDINATION. A FULL BODY WORKOUT THAT IS SAFE AND EFFECTIVE!

MASTERS & JR. MASTER SWIM – \$39 FEE. SEE SWIM SCHEDULE FOR DETAILS.

SEASONAL CLASSES

5/10K BOUND – IN THIS 8 WEEKS COURSE LEARN TO RUN OR IMPROVE YOUR PERFORMANCE RUNNING A 5K OR 10K RACE. YOU'LL LEARN HOW TO PERIODIZE YOUR RUNNING SCHEDULE AND PROPER RUNNING TECHNIQUES FOR SAFE AND EFFECTIVE SUCCESS. THIS 8 WEEK TRAINING COURSE WILL PREPARE YOU FOR COMPETITION AND HELP YOU REACH A NEW LEVEL OF FITNESS. CLASS MEETS UPSTAIRS IN FRONT OF THE FITNESS ROOM AND RUNS ON THE BIKE PATH. P/PP/PPP APRIL 20TH – JUNE 11TH.

KIDS CLASSES

FIT KIDS – WILL RESUME IN SEPTEMBER KIDS 7 – 12 YEARS CAN ENJOY A FUN WORKOUT MIXING CARDIOVASCULAR AND STRENGTH TRAINING GAMES WHILE EMPHASIZING PROPER FORM. BUILD HEALTHY HABITS TO LAST A LIFETIME. P/PP/PPP