



Group Fitness Schedule October

Text MARCFIT to 84483
to receive the latest fitness updates

Location	Time	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00 AM	Gymnasium	Bootcamp - Anna				Bootcamp - Laura		
	7:00 AM	Studio C		Yoga - Whitney		Yoga - Lindsey			
	7:30 AM	Gymnasium		Plyo & Strength - Miranda		Plyo & Strength - Miranda			
	8:30 AM	Gymnasium		TRX - Tiffany					
	9:00 AM	Gymnasium		eLIGNABAR® - Faye		eLIGNABAR® - Faye		eLIGNABAR® + Pilates - Faye	
	9:00 AM	MARC Park			Cross Training - Shirin				
	9:00 AM	Studio C	Yoga - Lauren		Yoga - Lauren				
	10:00 AM	MARC Park					Gentle Yoga - Shirin		
	10:00 AM	Gymnasium	Senior Walking Hour						
	10:15 AM	Gymnasium		Stretch - Faye		Stretch - Faye		Yoga* - Leslie	
	11:15 AM	MARC Park	Pilates - Claire						
	12:00 PM	Studio B	Bootcamp 45 - Miranda		*MARC PARK* Bootcamp 45 - Miranda		Bootcamp 45 - Miranda		
	12:00 PM	Lap Pool	Masters Swim		Masters Swim		Masters Swim		
	12:00 PM	MARC Park				Yoga - Carol			
	2:30 PM	Gymnasium	Youth Fitness Training - Katie						
	2:00 PM	MARC Park						Systema - Mark	
	4:00 PM	MARC Park							Yoga - Alison
	5:30 PM	Leisure Pool Deck	Pain Free Posture - Dee						
	5:30 PM	MARC Park				Bootcamp - Catherine			
	5:30 PM	Studio B			Roll and Recover - Katie				

Pop Up Pool Side
Cycling

Cycling classes will be added on a weekly basis (weather permitting). Classes will be limited and will require pre-registration online or by calling our front desk. All cycling classes are included in the fitness class pass, add-on.

FREE	HITT	Cardio	Strength	Mind & Body	*60 min +	Registration Only
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Fitness Protocols

New classes and locations will be added as need and requirements change. Please be sure to check the schedule for changes.

- In case of inclement weather classes will be cancelled or moved to an indoor back up location- please refer to the PCMARC Group Fitness page for class status. We will do our best to make any cancellations at least 30 minutes in advance.
 - Participants should maintain a 6 ft distance
 - Instructors will not be required to wear face coverings or gloves unless social distancing cannot be maintained
 - Participants should bring their own water and mat/towel
 - If instructors or participants are experiencing any COVID-19 related symptoms they are not permitted to attend classes
- Some fitness programming may be postponed or canceled as we work through the COVID-19 requirements. PC Recreation will give as much advanced notice as possible and will issue refunds or pro-rations to participants if needed.**

Location Detail

PCMARC Park: located on the backside of the PCMARC. Students can walk towards the east end parking lot.

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced than others but this does not preclude a beginner from attending. Please notify the instructor before starting class to let them know if you are a first time student or beginner.

Aquafit - Energizing, strength, cardio exercises all in the low impact environment of the pool. Classes will utilize gloves, noodles, and water weights.

Bootcamp - An effective, time-efficient workout blast for the time-starved participant. This workout builds lean fat burning muscle and torches calories with big multipurpose moves that work every inch of your body.

Cross Training- Join our certified personal trainers for this intense one hour class. You will get a thorough workout using weight training, cardio, and balance focused exercises. It's also a great way to become familiar with the Fitness Center.

Cycling- A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Different workouts include all terrain, strength, endurance and speed techniques.

eLIGNABAR®- A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

Gentle Yoga - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Masters Swim - You do not have to be a master swimmer to join this class. Our on deck coach will provide tiered workouts to meet a variety of distances.

Pain Free Posture - Utilizing the **egoscue method**, put your body into correct postural alignment through a menu of exercises which will improve function, reduce compensations, and return your body to its original functional blueprint.

Plyo & Strength - Utilizing body weight and open space, this class will teach you how your body can be the best tool to gain strength and improve your cardio.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Senior Walking Hour - The gymnasium will be blocked exclusively for seniors to enjoy a safe space to walk laps. Walking sticks available.

Stretch - Enjoy 45 minutes for a much needed stretch, focusing on the the entire body.

Systema- an all encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via breath.

Trail and Strength - Meet at the Fit Park out at Quinn's Junction. Class will be a mix of body weight strength work and cardio utilizing the local surroundings of fields, trails, and stairs.

TRX - All level, high intensity, interval training class using the suspension trainer. Challenge yourself both on and off the straps in this total body workout.

Yoga - our instructors teach a variety of levels of flow; both hatha and vinyasa. Classes vary in difficulty. Please let the instructor know if you are new.

Youth Fitness Training - Fitness training for young athletes to improve strength, coordination, and endurance through fun and games