

PISMO BEACH ATHLETIC CLUB

805.773.3011

ALL CLASSES / LAP SWIM REQUIRE RESERVATIONS

INFO@PBAC.COM

AQUATIC CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am - 7pm Reservation Swim	6am - 7pm Reservation Swim	6am - 7pm Reservation Swim	6am - 7pm Reservation Swim	6am - 7pm Reservation Swim	8am - 1pm Reservation Swim	
AQUA AEROBICS, SPA, STEAM ROOM, & SAUNA CLOSED UNTIL FURTHER NOTICE						

PICKLEBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am - 1pm Open Play	8am - 1pm Open Play	8am - 1pm Open Play	8am - 1pm Open Play	8am - 1pm Open Play	8am - 1pm Open Play	
1pm - 4pm Reservation Play	1pm - 4pm Reservation Play	1pm - 4pm Reservation Play	1pm - 4pm Reservation Play	1pm - 4pm Reservation Play		
4pm - 7pm Reservation Play	4pm - 7pm Reservation Play	4pm - 7pm Reservation Play	4pm - 7pm Reservation Play	4pm - 7pm Reservation Play		

UPPER PARKING LOT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am Cycle		9:15am Cycle		9:15am Cycle RPM	9:15am Cycle	
5:30pm Cycle RPM		5:30pm Cycle				

LOWER LAWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am BodyPump™	9:00am BodyPump™	9:00am High Low Fitness	9:00am BodyPump™	9:00am Zumba®	9:00am Steppin' Up	
10:30am Yoga Level 1	10:30am BodyFlow™	10:30am Yoga Level 1	10:30am BodyFlow™	10:30am Yoga Level 1	10:15am BodyPump™	
12:00pm Silver Classic®		12:00pm Silver Circuit®		12:00pm Pilates Mat	11:30am BodyFlow™	

CLASS KEY	ENERGIZE	For participants who like the fitness basics. Low impact & unimimidating.
	EVERYONE	Great classes for beginners to highly experienced athletes. Fun for everyone!

EVERYONE	BODYFLOW™ 55 min: BODYFLOW combines traditional Eastern disciplines like Yoga with dynamic exercise like Pilates. BODYFLOW is an opportunity to get to know your body better and work out some of the kinks and stresses from everyday life and exercise. Everybody deserves BODYFLOW at least once a week.
EVERYONE	BODYPUMP™ 55 min: A weight training workout using barbells with adjustable weights set to motivating music. BODYPUMP is a simple, athletic based workout that strengthens tones and defines every major muscle group in your body. Sign-ups are required through the MindBody App (starting 3 days in advance).
EVERYONE	CYCLE 45 min: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Sign-ups are required through the MindBody App (starting 3 days in advance). Please check-in at front desk to receive complimentary towel.
EVERYONE	CYCLE-RPM 45 min: RPM is a group cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.
EVERYONE	HIGH LOW FITNESS 60 min: Reminiscent of the {aerobics} glory days, this format is based on traditional aerobics principles that create a steady-state cardio workout without the impact of burpees or cardio push tracks. Offering the same choreographed, sweaty fun of our original HIGH Fitness format, HIGH Low brings you ENERGY GALORE with impact no more!
ENERGIZE	PILATES MAT 60 min: Looking for a great core workout? Want a strong and healthy back? The Pilates workout delivers! MATWORK teaches you the fundamental movements essential to performing Pilates exercises, as well as challenges you with some of the essential mat-work exercises.
ENERGIZE	SILVER CIRCUIT® 45 min: This is a SilverSneakers sponsored class. Experience standing, low-impact choreography alternated with standing upper-body strength work.
ENERGIZE	SILVER CLASSIC® 45 min: This is a SilverSneakers sponsored class. Improve strength, flexibility, posture & balance. Exercise at your own pace with resistance tools including bands, balls & weights. Get fit, have fun, make friends!
EVERYONE	STEPPIN' UP 60 min: Offers the intermediate participant a great work out including moderate-high intensity step combinations for 35 - 40 minutes of cardiovascular training. Experience is suggested though the steps can be modified. Core training and stretching complete the workout.
ENERGIZE	YOGA LEVEL 1 60 min: This class introduces foundational yoga postures, teaches you how to breath and helps you feel more comfortable in the yoga practice. This yoga class designed to increase strength and flexibility; integrating breath, movement, and proper alignment for the beginner/intermediate student.
EVERYONE	ZUMBA® 60 min: Fuse Latin rhythms with easy to follow moves and you get a dynamic cardio workout that is fun for everyone!
RESERVATIONS	MINDBODY APP: Sign-ups are required through the Mindbody App starting 3 days in advance.
COVID-19 PROTOCOLS	STAY HOME if you have experienced any of the following Covid-19 related symptoms in the past 24 hours - fever (100.4+), cough, chills, headache, sore throat, shortness of breath, muscle pain (unrelated to exercise) or loss of smell or taste.