



PISMO BEACH ATHLETIC CLUB

/// ALL CLASSES REQUIRE RESERVATIONS ///

★ - REQUIRES DELUXE MEMBERSHIP

*Starting June 15th
(30-day Trial Schedule)*

SPLASH CENTER | LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
★ 9:30 AM Aqua Aerobics		★ 9:30 AM Aqua Aerobics		★ 9:30 AM Aqua Aerobics		
	★ 10:30 AM Aqua Aerobics		★ 10:30 AM Aqua Aerobics			

OUTDOOR CYCLE | UPPER PARKING LOT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM Cycle		9:15 AM Cycle		9:15 AM RPM™	9:15 AM Cycle	
5:45 PM RPM™		5:45 PM Cycle				

FUSION ROOM | SMALL GROUP TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	★ 6:00 AM TRX®		★ 6:00 AM TRX®			
		★ 9:15 AM TRX®				
★ 10:30 AM TRX®				★ 10:30 AM TRX®		

ENCORE ROOM | LARGE GROUP TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Steppin' Up	8:00 AM Pilates Mat				8:15 AM Steppin' Up	
9:15 AM Zumba®	9:15 AM BodyPump™	9:15 AM High Low Fitness	9:15 AM BodyPump™	9:15 AM Zumba®	9:30 AM BodyPump™	
10:30 AM BodyPump™	10:30 AM BodyFlow™	10:30 AM Yoga Level 1	10:30 AM BodyFlow™	10:30 AM Yoga Level 1	10:45 AM BodyFlow™	
11:45 AM Yoga Level 1		12:00 PM Silver Circuit®		12:00 PM Chair Yoga	CLUB HOURS MON. - FRI. 5:30AM - 8:00PM SATURDAY 7:00AM - 4:00PM SUNDAY CLOSED PHONE # (805) 773-3011 <i>(classes subject to change & cancellations)</i>	
1:15 PM Silver Classic®						
5:30 PM The Fight!	5:30 PM Zumba®	5:30 PM BodyPump™				

CLASS KEY	ENERGIZE	For participants who like the fitness basics. Low impact & unintimidating.
	EVERYONE	Great classes for beginners to experienced athletes. Fun for everyone!
	EXCEED	Specialized small group training. \$5.00 fee --or-- FREE with Deluxe membership.
	MINDBODY	All classes require reservations through the Mindbody App.
	★	Classes that require a Deluxe Membership.

ENERGIZE ★	AQUA 45 min: An invigorating water workout that's easy on the joints, refreshing, and fun. This multi-level class includes a warm up, 30-35 minutes of cardiovascular training, muscular strength and conditioning with hand buoys and noodles, and a flexibility cool-down. \$5.00 drop in fee --or-- FREE with Deluxe membership.
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.
ENERGIZE	CHAIR YOGA 60 min: Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.
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 and please receive your complimentary sweat towel at the front desk.
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. All levels are welcome and please receive your complimentary sweat towel at the front desk.
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. 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.
EVERYONE	THE FIGHT! 60 min: Ever had one of those days? This class was made for them. This martial arts based, musically-driven, cardio kickboxing class will leave you wanting more!
EXCEED ★	TRX® SUSPENSION TRAINING® 45/60 min: TRX® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability. \$5.00 drop in fee --or-- FREE with Deluxe membership.
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!