



# PISMO BEACH ATHLETIC CLUB

/// ALL CLASSES REQUIRE RESERVATIONS ///

★ - REQUIRES DELUXE MEMBERSHIP

Fall 2021

## 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	★ 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®	★ 9:15 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	8:00 AM Yoga Flow		8:00 AM Yoga Flow	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	<b>CLUB HOURS</b> MON. - FRI. 5:30AM - 8:00PM SATURDAY 7:00AM - 4:00PM SUNDAY CLOSED PHONE # (805) 773-3011 <i>(classes subject to change &amp; cancellations)</i>	
1:15 PM Silver Classic®						
5:30 PM The Fight!	5:30 PM Zumba®	5:30 PM BodyPump™	5:30 PM Barre Above®			

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

ENERGIZE	<b>AQUA AEROBICS   45 min   ★</b> : 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	<b>BARRE ABOVE™   55 min</b> : Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.
EVERYONE	<b>BODYFLOW™   55 min</b> : 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	<b>BODYPUMP™   55 min</b> : 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	<b>CHAIR YOGA   60 min</b> : 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	<b>CYCLE   45 min</b> : 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	<b>CYCLE-RPM   45 min</b> : 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	<b>HIGH LOW FITNESS   60 min</b> : 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	<b>PILATES MAT   60 min</b> : 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	<b>SILVER CIRCUIT®   45 min</b> : This is a SilverSneakers sponsored class. Experience standing, low-impact choreography alternated with standing upper-body strength work.
ENERGIZE	<b>SILVER CLASSIC®   45 min</b> : 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	<b>STEPPIN' UP   60 min</b> : 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	<b>THE FIGHT!   60 min</b> : 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!
EVERYONE	<b>TRX® SUSPENSION TRAINING®   45/60 min   ★</b> : 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.
EVERYONE	<b>YOGA FLOW   60 min</b> : Build strength, flexibility and concentration while cleansing the body and calming the mind. Students will focus on linking conscious breath with a vigorous and mindful flow.
ENERGIZE	<b>YOGA LEVEL 1   60 min</b> : 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	<b>ZUMBA®   60 min</b> : Fuse Latin rhythms with easy to follow moves and you get a dynamic cardio workout that is fun for everyone!

