



PISMO BEACH ATHLETIC CLUB

/// ALL CLASSES REQUIRE RESERVATIONS ///

★ - REQUIRES DELUXE MEMBERSHIP

Summer 2022

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 | | | |

REVOLUTION ROOM | INDOOR CYCLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|------------------|----------|-----------------|------------------|--------|
| 6:00 AM Cycle | | | | | | |
| 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 |
|----------------------------|------------------------|-----------------------------|-----------------------|---------------------------|--|-------------------------|
| | | 6:00 AM BodyPump™ | | | | |
| 8:00 AM Steppin' Up | 8:00 AM Pilates Mat | 8:00 AM Yoga Level 2 | | 8:00 AM Yoga Level 2 | 8:15 AM Steppin' Up | 8:15 AM Yoga Level 1 |
| 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 Stretch | CLUB HOURS MON. - FRI. 5:30AM - 8:00PM SATURDAY 7:00AM - 4:00PM SUNDAY 8:00AM - 2:00PM 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™ | 5:30 PM Box Mania® | | | |

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| CLASS KEY | ENERGIZE | For participants who like the fitness basics. Low impact & un intimidating. |
| | 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. |

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| ENERGIZE | AQUA AEROBICS 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. |
| EVERYONE | BOX MANIA® 60 min : Box Mania is a boxing/martial arts class that offers a cardio and toning workout while teaching traditional boxing skills and training techniques. It's a great way to take your fitness to the next level! Box-Mania is for men and women and is suitable for all fitness levels. MMA training gloves are recommended. |
| ENERGIZE | CHAIR STRETCH 60 min : You will use the support of the chair to arrive in both stretch and yoga poses. Benefits of Chair Stretch include increased mobility, increase strength, stretching the body, reducing stress, reducing pain & clearing the mind. |
| 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 | STIPPIN' 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! |
| EVERYONE | 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 | YOGA LEVEL 2 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 | ZUMBA® 60 min : Fuse Latin rhythms with easy to follow moves and you get a dynamic cardio workout that is fun for everyone! |