



# PISMO BEACH ATHLETIC CLUB

/// ALL CLASSES REQUIRE RESERVATIONS ///

★ - REQUIRES DELUXE MEMBERSHIP

Winter 2024

## 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	★ 10:30 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 RPM™	9:15 AM Cycle		9:15 AM RPM™	9:15 AM Cycle	9:30 AM Cycle
5:45 PM Cycle		5:45 PM Cycle				

## FUSION ROOM | SMALL GROUP TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
★ 6:00 AM TRX ®		★ 8:00 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™		6:00 AM BodyPump™		
8:00 AM Steppin' Up	8:00 AM Pilates Mat	8:00 AM Yoga Level 2	8:00 AM Pilates Mat	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 BodyBalance™	10:30 AM BodyPump™	10:30 AM BodyBalance™	10:30 AM Yoga Level 1	10:45 AM BodyBalance™	
11:45 AM Yoga Level 1		11:45 AM Yoga Level 1	12:00 PM Chair Stretch	12:00 PM Silver Classic ®	<b>CLUB HOURS</b> MON - THU 5:30AM - 9:00PM FRIDAY 5:30AM - 8:00PM SATURDAY 7:00AM - 4:00PM SUNDAY 8:00AM - 2:00PM (classes subject to change & cancellations)	
1:15 PM Silver Circuit ®		1:15 PM Silver Circuit ®				
5:30 PM BodyPump™	5:30 PM The Fight!	5:30 PM BodyPump™	5:30 PM Box Mania ®			

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>BODYBALANCE™   55 min</b> : Formerly known as BodyFlow, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.
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.
EVERYONE	<b>BOX MANIA®   60 min</b> : 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	<b>CHAIR STRETCH   60 min</b> : 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	<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®   60 min</b> : This is a SilverSneakers sponsored class. Experience standing, low-impact choreography alternated with standing upper-body strength work.
ENERGIZE	<b>SILVER CLASSIC®   60 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.
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>YOGA LEVEL 2   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>ZUMBA®   60 min</b> : Fuse Latin rhythms with easy to follow moves and you get a dynamic cardio workout that is fun for everyone!