



# Fitness Schedule

## JANUARY 2020

Contact the Gym Desk with Questions at 904.273.7707

Fitness schedule also available at [www.pvicmember.com](http://www.pvicmember.com) & Club Member App

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 a.m. <b>AQUACIZE</b> 60 minutes, (Linda) Adult Pool	5:30 a.m. <b>RIP CURL</b> 60 minutes, (Abby) SUNSET ROOM	8 a.m. <b>AQUACIZE</b> 60 minutes, (Linda) Adult Pool	5:30 a.m. <b>CORE TRAINING</b> 45 minutes, (Abby) SUNSET ROOM	7 a.m. <b>HIIT</b> 45 minutes, (Molly) SUNSET ROOM	8 a.m. <b>DISCOVER YOGA</b> 60 minutes (Mia) SUNRISE ROOM	12:30 p.m. <b>ZUMBA (Noelle)</b> 60 minutes SUNSET ROOM Jan 26th only
8:30 a.m. <b>CARDIO STRENGTH</b> 45 minutes, (Debbie) SUNRISE ROOM	7 a.m. <b>SLOW FLOW YOGA</b> 60 minutes, (Mia) SUNRISE ROOM	9 a.m. <b>HIIT</b> 45 minutes (Andrew) SUNSET ROOM	7 a.m. <b>PEACEFUL YOGA</b> 60 minutes, (Didier) SUNSET ROOM	8 a.m. <b>AQUACIZE</b> 60 minutes, (Cindy) Adult Pool	8:30 a.m. <b>BEACH BOOT CAMP</b> 45-60 minutes (Andrew) Meet at beach in front of gym	4 p.m. <b>YOGA FLOW</b> 75 minutes (Mia) SUNRISE ROOM
8:30 a.m. <b>CARDIO BLAST</b> 60 minutes, (Heather) SUNSET ROOM	8 a.m. <b>AQUACIZE</b> 60 minutes, (Nina) Adult Pool	9 a.m. <b>AQUA CARDIO CIRCUIT</b> 45 minutes, (Linda) Adult Pool	8 a.m. <b>AQUACIZE</b> 60 minutes, (Joyce) Adult Pool	8 a.m. <b>STRENGTH</b> 45 minutes, (Molly) SUNSET ROOM	9:15 a.m. <b>PEACEFUL YOGA</b> 60 minutes (Mia) SUNRISE ROOM	
9:00 a.m. <b>AQUA CARDIO CIRCUIT</b> 45 minutes, (Linda) ADULT POOL	8:15 a.m. <b>ABS &amp; GLUTES</b> 45 minutes, (Heather) SUNSET ROOM	9:30 a.m. <b>SILVER BARRE</b> 45 minutes, (Debbie) SUNRISE ROOM	8:15 a.m. <b>CORE TRAINING</b> 45 minutes, (Molly) SUNRISE ROOM	8:30 a.m. <b>PILATES</b> 45 minutes, (Debbie) SUNRISE ROOM	9:30 a.m. <b>CORE/ STRENGTH</b> 45 minutes (Abby/Debbie) SUNSET ROOM	
9:30 a.m. <b>HIIT</b> 45 minutes (Heather) SUNRISE ROOM	9 a.m. <b>CARDIO CIRCUIT</b> 60 minutes, (Heather) SUNSET ROOM	10:30 a.m. <b>AQUACIZE</b> 45 minutes, (Kellie) Adult Pool	8:45 a.m. <b>INTRO TO STEP</b> 60 minutes, (Heather) SUNSET ROOM	9 a.m. <b>BEACH BOOT CAMP</b> 45 minutes, (Andrew) Beach	10:30 a.m. <b>MAT PILATES</b> 60 minutes (Robin) SUNRISE ROOM	
9:30 am <b>Tai Chi</b> 60 minutes Tim 45 mins SUNSET ROOM	9:15 a.m. <b>AQUA CARDIO CIRCUIT</b> 45 minutes, (Kellie) Adult Pool	10:30 am <b>MIDTEMPO</b> 60 minutes (Joyce) SUNSET ROOM	9:15 a.m. <b>AQUA CARDIO CIRCUIT</b> 45 minutes, (Kellie) Adult Pool	9 a.m. <b>STEP</b> 60 minutes, (Heather) SUNSET ROOM	10:30 a.m. <b>ZUMBA</b> 60 minutes (Amy H.) SUNSET ROOM ONLY Jan. 11th	
10:15 a.m. <b>AQUACIZE</b> 45 minutes, (Linda) Adult Pool	9:30 a.m. <b>CARDIO STRENGTH</b> 45 minutes, (Molly) SUNRISE ROOM	10:30 a.m. <b>PEACEFUL YOGA</b> 60 minutes, (Didier) SUNRISE ROOM	9:15 a.m. <b>CARDIO CIRCUIT</b> 60 minutes, (Molly) SUNRISE ROOM	9:00 a.m. <b>AQUA CARDIO CIRCUIT</b> 45 minutes, (Cindy) Adult Pool		
10:30 a.m. <b>LOW IMPACT/ STRENGTH</b> 55 minutes, (Joyce) SUNSET ROOM	10 a.m. <b>EXPRESS ABS</b> 15 minutes (Heather) SUNSET ROOM	11:45 a.m. <b>ALL LEVELS YOGA</b> 75 minutes (Linda) SUNSET ROOM	10:15 a.m. <b>AQUACIZE</b> 45 minutes, (Kellie) Adult Pool	9:30 a.m. <b>STRETCH</b> 45 minutes, (Debbie) SUNRISE ROOM		
10:30 a.m. <b>WARRIOR FLOW</b> 70 minutes, (Sherri) SUNRISE ROOM	10:15 a.m. <b>AQUACIZE</b> 45 minutes, (Kellie) Adult Pool	6 p.m. <b>YOGA FLOW</b> 60 minutes (Abby/Aimee) SUNRISE ROOM	10:30 a.m. <b>RIP CURL</b> 45 minutes, (Cara) SUNRISE ROOM	10:30 a.m. <b>WARRIOR FLOW</b> 70 minutes, (Sherri) SUNRISE ROOM		
11:30 a.m. <b>PV BARRE/PILATES</b> 45 minutes, (Shannon) SUNSET ROOM	10:30 a.m. <b>ZUMBA</b> 60 minutes, (Lili) SUNSET ROOM	<b>NO CLASSES NEW YEAR'S DAY</b>	10:30 a.m. <b>YOGA FLOW</b> 75 minutes, (Lee Ann) SUNSET ROOM	10:30 am <b>TAI CHI</b> 60 minutes (Tim) SUNSET ROOM		
11:45 a.m. <b>PEACEFUL YOGA</b> 70 minutes, (Sherri) SUNRISE ROOM	11:30 a.m. <b>SILVER SCULPT &amp; STRETCH</b> 45 minutes, (Cara) SUNSET ROOM		5:15 p.m. <b>MAT PILATES</b> 45 minutes (Ginny) SUNRISE ROOM	11:45 a.m. <b>PEACEFUL YOGA</b> 70 minutes, (Sherri) SUNRISE ROOM		
4 p.m. <b>RESTORE AND ALIGN</b> 75 minutes (Joyce) SUNSET ROOM	11:30 a.m. <b>ALL LEVELS YOGA</b> 60 minutes (Joyce) SUNRISE ROOM <b>NO CLASS NEW YEARS EVE</b>		5:45 p.m. <b>YOGA FLOW</b> 60 minutes, (Didier) SUNSET ROOM			
5:15 p.m. <b>MAT PILATES</b> 45 minutes, (Ginny) SUNRISE ROOM	5:45 p.m. <b>YOGA FLOW</b> 60 minutes, (Didier) SUNSET ROOM					
5:30 p.m. <b>CARDIO STRENGTH TRAINING</b> 60 minutes, (Andrew)						

### FITNESS CENTER HOURS

MONDAY - FRIDAY: 5 a.m. – 9 p.m. | SATURDAY: 5 a.m. – 8 p.m. | SUNDAY: 7 a.m. – 8 p.m.

## GYM HOURS

MONDAY - FRIDAY: 5 a.m. – 9 p.m. • SATURDAY: 5 a.m. – 8 p.m.

SUNDAY: 7 a.m. – 8 p.m.

## CLASS DESCRIPTIONS

### CARDIO

**AQUA CARDIO CIRCUIT:** A fast paced workout combining cardio with upper and lower body resistive movements. End with a stretch for a total body workout.

**AQUACIZE:** A 60 minute aerobic, strength and flexibility water class designed for a total body workout, using the water as resistance.

**CARDIO CIRCUIT / STEP CIRCUIT:** This high energy class uses a variety of training devices, get an intense workout and a full body exercise experience. Intermediate to advanced.

**INDOOR & DISTANCE CYCLING:** An intense cardiovascular workout designed to recreate the outdoor experience of cycling. This class incorporates an interval style of aerobic training, climbing hills, riding flat terrains and quick breakaways.

**INTRO TO STEP:** Haven't tried step before? Come join in with the novice and give it a try! Will use weights and ab work and stretch at the end.

**MID-TEMPO MIX:** A 60-minute class with 30 minutes of high impact choreography designed for a beginning to intermediate aerobic workout. Strength training may be included during the allotted time.

**PV BARRE:** This 45 minute class combines ballet techniques with fitness principals. Participants use the ballet barre to create a rhythmic warm-up evolving into toning exercises targeting upper body, lower body and core.

**HIIT:** This class features High Intensity Interval Training using weights and your own body weight in timed intervals. This workout will burn fat, help you get stronger, and get your heart pumping with short rest periods in between high cardio moves. For intermediate to advanced exercisers.

**SILVER BARRE:** This 45 minute class uses a strength and conditioning format with ballet movements. This is a gentler approach to the PV Barre class.

**ZUMBA:** Zumba is a Columbian word, which means to MOVE FAST and HAVE FUN. This fitness program, inspired by Latin rhythms, combines high energy easy to follow dance moves with resistance training techniques to burn calories and fat while toning and sculpting the body.

**RIP CURL:** Experience a total body workout for all levels with plenty of squats, presses, and curls. Whether you are a seasoned weight lifter or weight training for the first time, experience the success of increasing bone density, muscle tone and getting ripped!

### STRENGTH

**ABS & GLUTES:** This 45 minute class utilizes an assortment of resistance equipment to define and add tone, targeting the lower body and abdominal region.

**CORE TRAINING:** Learn techniques with a variety of weights and equipment to improve core strength, cardio fitness, balance and body alignment. This approach is geared for overall body strength.

**EXPRESS ABS:** 15 minutes of focused core exercises to make your abs strong and lean.

**MAT PILATES:** Using mats and special props, participants will be guided through a regimen of exercises designed to strengthen the core. Expect a leaner torso, stronger abs and back, and improved posture and flexibility.

**CARDIO STRENGTH:** This workout focuses on upper and lower muscle groups at the same time for maximum benefit and features burpees, jumping jacks and other movements. Burn calories, tone muscles, and boost the metabolism. For the intermediate to advanced.

**SILVER SCULPT & STRETCH:** This class will incorporate cardio movements, sculpting, balance, flexibility and toning designed for those in their silver years.

**SMART CORE/STRENGTH:** Using Smartbells, you will work every major body part, promoting flexibility, coordination, aerobic and anaerobic conditioning, while strengthening and toning. Open to all levels.

**STRETCH:** Stretch from head to toe after a long week of workouts.

**STRENGTH:** Lunges and squats with weights to tone upper body. All levels welcome. Modifications will be offered.

**BEACH BOOT CAMP:** All levels and abilities welcome. Use your own body weight with the resistance of the sand to sculpt a better beach body.

### MIND/BODY

**BEACH YOGA:** Incorporate yoga postures with the sand and sun. Be prepared to get sandy while you calm the mind and bring vitality to the body. No mats needed, towels provided. All levels are welcome. (Weather Permitting. Please call the gym desk 30 min prior)

**DISCOVER YOGA:** PVIC's most basic yoga class, this is a great place for those new to yoga. Discover and explore Hatha Yoga postures integrating correct alignment, breathing exercises, relaxation, and meditation to harmonize you on every level: body, mind and spirit. While you coordinate movement with breath, you will increase your flexibility as well as deepen your awareness of self.

**HAPPY HOUR YOGA:** Start the weekend happy and relaxed with this upbeat Yoga Flow class designed to rejuvenate you after a work week filled with stress.

**PEACEFUL YOGA:** This class is a slower paced, gentle way to begin the flowing of Vinyasa style. Excellent for beginners or seasoned practitioners who want an invigorating yet restorative practice. Deep relaxation at the end of class.

**WARRIOR YOGA:** This type of yoga is usually a vigorous, fast-paced, fat-burning practice to build strength and endurance incorporating a sequence of powerful yoga postures that flow together like a dance.

**RESTORATIVE YOGA:** A therapeutic style of yoga that uses props to support the body to deepen the benefits of each pose. It is a soothing practice that promotes the effects of conscious relaxation. Great for beginners, seniors and those recovering from injuries.

**SLOW FLOW YOGA:** Designed for mature gym attendees and those new to yoga. This class is a slower paced class that is a step above restorative. Hatha Yoga postures integrate correct alignment in yoga postures, breathing exercises, relaxing, and meditation.

**YOGA FLOW:** An all level, challenging adventure incorporating asanas, breathing, and mindfulness.

Sculpt a leaner, stronger body while releasing stress and fatigue.

**PILATES BARRE CLASS:** A pilates mat class incorporating the ballet barre. A non-impact workout that targets all major muscle groups by isolating muscles of the entire body including the shoulder girdle, hip girdle, core, and back. This workout also requires mental focus as muscles are strengthened and then stretched to create a longer, leaner, toned physique.

**CHI YOGA:** A yoga class to find your inner strength and channeling your mind. Asanas will focus on strength and stretching with modifications being offered to invite all levels.

### FITNESS CLASS GUIDELINES

- Please register at the Gym Front Desk before entering class.
- If you are new to aerobics, please let the instructor know so that he or she can acquaint you with the class format.
- A warm-up is an integral part of each class. To prevent injuries to yourself and as a courtesy to others, please be on time for the start of the class. Doors will be closed 10 minutes after the start time.
- Please wear proper attire. Black-soled shoes that leave marks on the floor will not be permitted.
- Please, no cell phones or pagers while the class is in session. You must be sixteen years of age in order to participate in all fitness classes. Children between the ages of 13 to 15 years of age may participate in fitness classes if accompanied by their parent or guardian.
- Classes are taught to a wide range of fitness levels. Please work out at your own pace and comfort level. All participants should consult a physician prior to exercise.
- Water exercise classes are cancelled if the air temperature is 45 degrees or below.