



## Recreation Center Group Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.			Chair Yoga Tammy Graham		Senior Strength Training Joe Alvarez	
12:00 p.m.	Yoga <i>Heidi Marin</i>		W.O.W Joe Alvarez			
4:15 p.m.						
5:15 p.m.	<i>Tai Chi</i> <i>Jan Smallwood</i>		Yoga <i>Liz Chapman</i>	Cycle Fit Bernadette Okeefe		

### Class Descriptions

**Yoga:** Yoga can help stretch, tone, and strength the body with relaxing meditation. A proven stress reducer, this class is for all ages. **Wednesday night continue year around and Monday yoga class starts on January 9, - February 13, 2017.**

**Chair Yoga:** Chair Yoga offers an alternative to traditional mat yoga, in which all postures and exercises are done on a chair or using chair support. It is designed for those that have difficulty getting up and down from the floor or who have balance, flexibility issues, or specific joint issues. Chair Yoga brings health benefits of yoga to *every body*, emphasizing a gentle approach to strength, toning and balance enhancement. **Classes will start on 1/18/2017.**

**W.O.W (Women on Weights):** An introductory class to weight training, kettle bells, and other fitness modalities. Emphasis is placed upon proper lifting techniques and basic program design for women. **Classes will start on 1/18/2017 - 05/3/2017.**

**Senior Strength Training:** Designed to build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and effective for managing osteoporosis and osteopenia. The class involves functional strength training such as squats, lunges, and stepping on and off of a step platform with a focus on correct form. **Classes will start on 1/13/2017 - 04/28/2017.**

**Cycle Fit:** Class that focuses on endurance, strength, intervals, high intensity (race days) and recovery that involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

**Tai Chi:** Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. It is also a self-defense martial art. **Classes will start January 23, 2017.**

**Recreation Center Hours of Operation:** Monday - Thursday - 5:00 a.m. - 9:00 p.m.  
Friday - 5:00 a.m. - 6:00 p.m.  
Saturday - 7:00 a.m. - 3:00 p.m.

Faculty/Staff members \$18.00 per month, Community members \$20.00 per month, Couples \$35.00 per month, PCC Alumni \$10.00 per month, Family members \$50.00 per month (children must be 14 years old to use Recreation Center) and classes are included in membership. Classes are FREE to students!