805.773.3011

PISMO BEACH ATHLETIC CLUB

WINTER 2015

classes are subject to change or cancellations

SPLASH CENTER

swimming pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am Aqua	9:15am Aqua	9:15am Aqua	9:15am Aqua	9:15am Aqua	9:15am Aqua	
10:15am Aqua	10:15am Aqua	10:15am Aqua	10:15am Aqua			
4:15pm Aqua		4:15pm Aqua		4:15pm Aqua		

REVOLUTION ROOM

cycle studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am Cycle-60		6:00am Cycle-60			
9:15am Cycle-60	9:15am Cycle-60	9:15am Cycle-60		9:15am Cycle-60	8:00am Cycle-60	9:00am Cycle-45
5:45pm Cycle-60	5:45pm Cycle-60	5:45pm Cycle-45	5:45pm Cycle-45	5:45pm Cycle-45		

FUSION ROOM

small group training studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am TRX®	6:00am TRX®	6:00am TRX®			
7:00am Circuit Challenge	9:15am Base - X	8:15am Stretch N' Tone	9:15am Base - X	9:15am TRX®	9:15am TRX®	
10:25am TRX®		9:15am TRX®		10:25am Chair PI/YO		
11:30am SilverSneakers®		10:25am Chair Yoga	12:30pm SilverSneakers®			
5:35pm TRX®		5:35pm TRX® Combat				

ENCORE ROOM

large group training studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am BodyFlow™		6:00am BodyPump™		6:00am BodyPump™		
		7:00am Yoga		7:00am A.I. Stretch (AIS)		
8:00am Steppin' Up	8:00am Pilates Mat	9:15am Beach Yoga	8:00am Pilates Mat	8:00am Cardio Core	8:15am Steppin' Up	8:00am Yoga
9:15am BodyJam™	9:15am BodyPump™	9:15am BodyVive™	9:15am BodyPump™	9:15 - 10:00am Zumba®	9:30am BodyPump™	9:15am Zumba® Gold
10:30am BodyPump™	10:25am BodyFlow™	10:25am Pilates Mat	10:25am BodyFlow™	10:30am Pilates Mat	10:45am BodyFlow™	10:15am BodyVive™
11:45 - 12:45pm Yoga Level 1	11:30 - 12:15pm Zumba®	11:30 - 12:15pm Intro to Yoga	11:30 - 12:15pm Zumba® Gold	11:30 - 12:00pm AB Blast		
4:25pm BodyFlow™	4:45pm - 5:30pm Boot Camp	4:25pm Circuit Challenge	4:45pm - 5:30pm Boot Camp	4:25pm The Fight		
5:35pm BodyPump™	5:35pm BodyJam™	5:35pm Zumba®	5:35pm Insanity™	5:35pm BodyPump™		
6:45pm The Fight	6:45pm Cardio Rush	6:30pm BodyFlow™	6:45pm Cardio Rush			

CLUB HOURS

MON. - FRI.	5:30AM - 10:00PM
SATURDAY	6:00AM - 7:00PM
SUNDAY	7:00AM - 7:00PM

CLASS KEY		
	ENERGIZE	For participants who like the fitness basics. Low impact & unintimidating.
	EVERYONE	Great classes for beginners to highly experienced athletes. Fun for everyone!
	EXCEED	Specialized small group training. $5.00 fee --or-- FREE with Deluxe membership.
	EVOLVE	Specialized training with accountability. This is a pay per package program.

ENERGIZE	**AQUA:** An invigorating 60-minute 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. Aquatic shoes are recommended.
ENERGIZE	**AB BLAST:** Strengthen your body by strengthening your core in this 30 minute workout. Use the BOSU, resist-a-ball, and body weight to reshape, strengthen, and tone.
ENERGIZE	**A.I. STRETCH:** Active Isolated Stretching (AIS) is a method of stretching your muscles and joints for greater flexibility, improved balance and more strength. The stretching exercises are precise to isolate specific muscles and joints.
EXCEED	**BASE-X:** Taught by Certified Personal Trainer David Waller, this class is designed to strengthen your posterior chain, improve your posture, and reduce back pain. $5.00 drop in fee --or-- FREE with Deluxe membership. Sign ups required (starting 3 days in advance).
EXCEED	**BEACH BOOT CAMP:** NO CLASS AT THIS TIME. SPRING & SUMMER SCHEDULE ONLY.
EXCEED	**BEACH YOGA:** NO CLASS AT THIS TIME. SPRING & SUMMER SCHEDULE ONLY.
EVERYONE	**BODYFLOW™**: 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	**BODYJAM™:** A cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. You're taught to move with attitude through this 55 minute class.
EVERYONE	**BODYPUMP™:** A weight training workout in a group fitness setting 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…ideal for beginners as well as experienced exercisers. It is the workout for EVERY-BODY.
EVERYONE	**BODYVIVE™**: A low impact, high intensity program that combines the power of aerobic exercise, resistance training and mobility work. BODYVIVE is the perfect workout for the first time exerciser, returning athlete and provides cross training for the elite athlete. Using VIVE Balls and Tubes, enjoy a varied workout that activates and empowers your body.
EVERYONE	**BOOT CAMP:** Full body workout designed to strengthen and firm up muscles, using a combination of hand weights and floor work, with bursts of cardio exercises to elevate the heart rate. Learn how to work with weights properly, strengthen and define muscle while burning calories.
ENERGIZE	**CARDIO CORE:** This class will improve 3 elements of fitness: core strength, mobility, and cardiovascular fitness. You will be challenged with a series of strength based & cardiovascular based drills for a full body workout. Classes taught through progression with the option for light to advanced drills.
EVERYONE	**CARDIO RUSH:** Join Certified Personal Trainer Harvery Curiel, and push yourself to the limits with Cardio Rush. This class is a unique blend of strength, functional, and cardiovascular training.
ENERGIZE	**CHAIR YOGA:** A gentle yoga class for beginners and seniors using a chair in place of a mat.

ENERGIZE	**CHAIR PI/YO:** A fusion class which combines Pilates with Yoga postures and focuses on working your whole body, including muscle tone, strength, flexibility, and breathing. Chair PI/YO is a gentle class for beginners and seniors using a chair in place of a mat.
ENERGIZE	**CIRCUIT CHALLENGE:** An energetic workout designed with a healthy mix of cardio and strength stations for an effective workout. Balance and stretching complete the workout.
EVERYONE	**CYCLE-60:** A one hour class with a 45-50 minute ride concluding with some simple stretches. Experience an endurance ride, an interval ride or both.
EVERYONE	**CYCLE-45:** A 45 minute class with a 35-40 minute ride concluding with some simple stretches.
EVERYONE	**INSANITY®:** This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape - levels of each exercise are provided. Time to dig deep!
ENERGIZE	**INTRO TO YOGA:** This is the perfect place to begin if you are new to yoga or want to refresh/relearn the fundamental building blocks of yoga. In this class there is an emphasis on alignment, building strength, pacing & breath.
ENERGIZE	**PILATES MAT:** 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	**SILVERSNEAKERS® CLASSIC:** Improve strength, flexibility, posture & balance. Exercise at your own pace with resistance tools including bands, balls & weights. Get fit, have fun, make friends!
EVERYONE	**STEPPIN' UP:** 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.
ENERGIZE	**STRETCH N' TONE:** A 45 minute class targeting strength training using balls, BOSU, bands, free weights and body weight to create a varied and effective workout. The class concludes with a relaxing stretching segment.
EVERYONE	**THE FIGHT:** 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!
EVOLVE	**(TRI) SWIMMING:** **NO CLASS AT THIS TIME.**
EXCEED	**TRX® SUSPENSION TRAINING®**: 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. Sign ups required (starting 3 days in advance).
EXCEED	**TRX® COMBAT**: Navy Seal training at PBAC. Challenge yourself with this round robin circuit course that includes the TRX™ training system, cardio exercises, and basic level combative strikes. $5.00 drop in fee --or-- FREE with Deluxe membership. Sign ups required (starting 3 days in advance).
EVERYONE	**YOGA**: Yoga is the training mode of choice for many different types of people, from elite athletes to Hollywood celebrities to weekend warriors. Train your body "from the inside out" in this discipline integrating the body and mind. Yoga is a stretching, strengthening and centering style of class. All levels welcome.
ENERGIZE	**YOGA LEVEL 1**: A 45 minute class designed to increase strength and flexibility; integrating breath, movement, and proper alignment for the beginner/intermediate student.
EVERYONE	**ZUMBA®:** Fuse Latin rhythms with easy to follow moves and you get a dynamic 45 minute cardio workout that is fun for everyone!
ENERGIZE	**ZUMBA® GOLD:** Low impact cardio workout more accessible for seniors, beginners or others needing modifications in their Latin dance routine.