

- ◆ **Indoor Cycling with Beth***: This class is a high energy class focused on fitness and fun!
Equipment: Water and a small towel.
Instructor: Beth Bond
When: Mondays 6:30-7:30 pm and Fridays 5-6 am. **Cost:** \$7.00 Or buy 12 classes for \$80!

- ◆ **Indoor Cycling with Chris***: Come train with Chris to get you "Road Ready." This class is tailored to seem like an outdoor ride. Build your stamina now so you'll be ready for the warmer weather.
Instructor: Chris Collins
When: Wednesdays 6-7pm. **Cost:** \$7.00 Or buy 12 classes for \$80!

- *ALL CYCLING CLASSES: Reservations are mandatory for this class and can be made by calling 315-548-8484. *There must be a minimum of 4 people in attendance for class to be held.**

- ◆ **Beginner Yoga:** The practice of yoga poses flowing from one to the next in alignment with the breath. Challenging, yet relaxing as you connect the power of the breath to the movement of the body resulting in the quieting of the mind! Mat will be provided if you don't have one. Yoga is brought to PCC by Studio Renew, Margaret Newland.
When: Mondays 10:15am – 11:30am. **Cost:** Fee is \$54 for 6 weeks or \$10 for drop in rate

- ◆ **Senior Yoga: (62 and older)** The practice of yoga poses flowing from one to the next in alignment with the breath. Challenging, yet relaxing as you connect the power of the breath to the movement of the body resulting in the quieting of the mind! Mat will be provided if you don't have your own. Yoga is brought to PCC by Studio Renew, Margaret Newland.
When: Mondays 9:15am – 10am.
Cost: Fee is \$36 for 6 weeks \$7 for drop in rate. Silver & Fit accepted for this class.

- ◆ **Senior Strength & Cardio:**(62 & older) A low intensity class including aerobics and light cardio rhythms conducted either standing or sitting depending on your fitness level to improve energy and mood. Accomplish daily tasks and recreation activities with increased energy and minimized discomfort. This class is taught in a supportive environment where you have the option of using a chair to perform each exercise.
Instructor: Kandace DeVall **When:** Tuesdays, Wednesdays & Fridays from 9:30 – 10:15am
Cost: \$3 Per class, Silver & Fit accepted for this class

- ◆ **PUMP:** Cardio strength training class for all levels of fitness. Class will include dumb bells, weighted bars, light resistance & high reps.
Instructor: Beth Bond **When:** Tuesday & Thursdays from 6-7pm **Cost:** \$5.00 per class **Equipment:** Water & work out mat.

*** A minimum of 4 people are needed in all classes or class will be cancelled. If class is cancelled, you may use the fitness facility or bikes during the same time frame of class for the cost of the class or \$5.00 for use of the bikes.**

RESPECT YOUR BODY.

FUEL YOUR BODY.

CHALLENGE YOUR BODY.

MOVE YOUR BODY.

AND MOST OF ALL,

love your body.