September 2016

Fitness Center hours: 24 hours a day & 7 days a week
Main Office Phone: (315) 548-8484

PCC Schedule

OPEN GYM TIMES ARE SUBJECT TO CHANGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Main Office Hours M-F 9:00am-8:30pm Saturday 8:00am-3:30pm **Business Office Hours** M-F 9am-5pm	**There will need to be a minimum of 4 people in all classes except for Yoga and Senior Strength & Cardio 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.*	****ALL CYCLING Reservations are mandatory for 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***		1 **OPEN GYM** **9am-11am & 5-8:15pm**	2 5-6am Indoor Cycling with Beth 9:30-10:15am Sr. Strength & Cardio OPEN GYM 10:15am-11am & 5-8:15pm	3 Happy Labor Day Weekend **OPEN GYM** **9:30am-2:15am**
4 PCC CLOSED	5 PCC CLOSED HAPPY LABOR DAY	6 9:30-10:15am Senior Strength & Cardio 6-7pm PUMP OPEN GYM 10:15am-4pm & 5-8:45pm	7 First Day of School 9:30-10:15am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris OPEN GYM 10:15am-4pm & 5-8:45pm	8 6-7pm PUMP **OPEN GYM** **9am-4pm & 5-6:30pm**	9 5-6am Indoor Cycling with Beth 9:30-10:15am Sr. Strength & Cardio 5:30-9pm PCC Hoops Tryouts OPEN GYM 10:15am-4pm	10 **OPEN GYM** **8am-4:15am**
11 PCC CLOSED	12 9:15-10am Sr. Yoga 10:15-11:30a Beginner Yoga 6:30-7:30pm Indoor Cycling with Beth **OPEN GYM** **9am-4pm & 5-8:45pm**	13 9:30-10:15am Senior Strength & Cardio 6-7pm PUMP OPEN GYM 10:15am-4pm & 5-8:45pm	14 9:30-10:15am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris OPEN GYM 10:15am-4pm & 5-8:45pm	15 6-7pm PUMP **OPEN GYM** **9am-4pm & 5-6:30pm**	16 5-6am Indoor Cycling with Beth 9:30-10:15am Sr. Strength & Cardio OPEN GYM 10:15am-4pm & 5-8:45pm	17 6pm Ultimate Wrestling **NO OPEN GYM**
18 PCC CLOSED	19 9:15-10am Sr. Yoga 10:15-11:30a Beginner Yoga 6:30-7:30pm Indoor Cycling with Beth **OPEN GYM** **9am-4pm & 5-8:45pm**	20 9:30-10:15am Senior Strength & Cardio 6-7pm PUMP OPEN GYM 10:15am-4pm & 5-8:45pm	21 9:30-10:15am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris 6:30-7:30pm Dance Apparel/Shoe Sizing OPEN GYM 10:15am-4pm & 5-8:45pm	22 6-7pm PUMP **OPEN GYM** **9am-4pm & 5-6:30pm**	23 5-6am Indoor Cycling with Beth 9:30-10:15am Sr. Strength & Cardio OPEN GYM 10:15am-4pm & 5-8:45pm	24 **OPEN GYM** **8am-4:15pm**
25 PCC CLOSED	26 9:15-10am Sr. Yoga 10:15-11:30a Beginner Yoga 6:30-7:30pm Indoor Cycling with Beth **OPEN GYM** **9am-4pm & 5-8:45pm**	27 9:30-10:15am Senior Strength & Cardio 6-7pm PUMP OPEN GYM 10:15am-4pm & 5-8:45pm	28 9:30-10:15am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris OPEN GYM 10:15am-4pm & 5-8:45pm	29 6-7pm PUMP 6-8:30pm Community Education Cooking Class **OPEN GYM** **9am-4pm & 5-6:30pm**	30 5-6am Indoor Cycling with Beth 9:30-10:15am Sr. Strength & Cardio OPEN GYM 10:15am-4pm & 5-8:45pm	