



# December 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   |
|--|--|--|---|--|--|---|
| <p><b>Main Office Hours</b><br/>M-F 9:00am-8:30pm<br/>Saturday 8:00am-3:30pm</p> <p><b>Business Office Hours</b><br/>M-F 9am-5pm</p> | <p><i>*There will need to be a minimum of 4 people in all classes except for Senior Strength &amp; 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.</i></p> | <p><b>*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</b></p> |   | <p>1<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>                                     | <p>2<br/>5-6am Indoor Cycling with Pam<br/>9:30-10:15am Sr. Strength &amp; Cardio</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p>  | <p>3<br/>6-9pm Phelps Hometown Christmas</p>  <p><b>NO OPEN GYM</b></p>            |
| <p>4 PCC CLOSED</p>  | <p>5<br/>6:30-7:30pm Indoor Cycling with Beth</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>   | <p>6<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-6pm</p>   | <p>7<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm Indoor Cycling with Pam</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p>                              | <p>8<br/>6-8:30pm Cookies &amp; Cocktails Cooking Class</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p> | <p>9<br/>5-6am Indoor Cycling with Pam<br/>9:30-10:15am Sr. Strength &amp; Cardio</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p>  | <p>10<br/>12-4pm Cookie Baking Class</p>  <p><b>NO OPEN GYM</b></p>                |
| <p>11 PCC CLOSED</p>   | <p>12<br/>6:30-7:30pm Indoor Cycling with Beth</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>  | <p>13<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-6pm</p>  | <p>14<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm Indoor Cycling with Pam<br/><i>PCC Closes @ 8pm</i></p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-7:45pm</p> | <p>15<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>                                    | <p>16<br/>5-6am Indoor Cycling with Pam<br/>9:30-10:15am Sr. Strength &amp; Cardio<br/>6-9pm Kids Night Out</p> <p><b>NO OPEN GYM</b></p>    | <p>17<br/><b>OPEN GYM</b><br/>8am-4:15pm</p>  |
| <p>18 PCC CLOSED</p>   | <p>19<br/>6:30-7:30pm Indoor Cycling with Beth</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>  | <p>20<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-6pm</p>  | <p>21<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm Indoor Cycling with Chris</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p>                           | <p>22<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>                                    | <p>23<br/>5-6am Indoor Cycling with Pam<br/>9:30-10:15am Sr. Strength &amp; Cardio</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p> | <p>24<br/><br/><i>PCC Closes @ 2pm</i><br/><b>OPEN GYM</b><br/>9:30am-1:45pm</p> |
| <p>25 PCC CLOSED</p>                               | <p>26 <b>PCC CLOSED</b></p>   | <p>27<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-6pm</p>  | <p>28<br/>9:30-10:15am Senior Strength &amp; Cardio<br/>6-7pm Indoor Cycling with Chris</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p>                           | <p>29<br/>6-7pm PUMP</p> <p><b>OPEN GYM</b><br/>9am-4pm &amp; 7:30-8:45pm</p>                                    | <p>30<br/>5-6am Indoor Cycling with Pam<br/>9:30-10:15am Sr. Strength &amp; Cardio</p> <p><b>OPEN GYM</b><br/>10:15am-4pm &amp; 5-8:45pm</p> | <p>31<br/><br/><b>OPEN GYM</b><br/>8am-4:15pm</p>                                |