



March 2017

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 9:00 am-8:30pm Saturday 8:00am-3:30pm Business Office Hours M-F 9am-5pm	<i>*There will need to be a minimum of 4 people in all classes except for 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.</i> 6:30-7:30pm Indoor Cycling with Beth OPEN GYM 9am-4pm & 7:30-8:45pm	*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 9:30-10:15 am Senior Strength & Cardio 6-7pm PUMP by Beth OPEN GYM 10:15am-4pm & 5-8:45pm	1 9:30-10:15 am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris 7-7:30pm Balance Fitness OPEN GYM 10:15am-4pm & 5-6:30pm	2 6-7pm PUMP by Beth OPEN GYM 9am-4pm & 7:30-8:45pm	3 5&6am Indoor Cycling with Pam 9:30-10:15 am Sr. Strength & Cardio NO OPEN GYM	4 7-11pm Casino Night NO OPEN GYM
5 PCC CLOSED	6 6:30-7:30pm Indoor Cycling with Beth OPEN GYM 9am-4pm & 7:30-8:45pm	7 9:30-10:15 am Senior Strength & Cardio 6-7pm PUMP by Beth OPEN GYM 10:15am-4pm & 5-8:45pm	8 9:30-10:15 am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris 7-7:30pm Balance Fitness OPEN GYM 10:15am-4pm & 5-6:30pm	9 6-7pm PUMP by Beth 6pm Top of the Morning Cooking Class OPEN GYM 9am-4pm & 7:30-8:45pm	10 5&6am Indoor Cycling with Pam 9:30-10:15 am Sr. Strength & Cardio OPEN GYM 5-8:45pm	11
12 PCC CLOSED 	13 6:30-7:30pm Indoor Cycling with Beth OPEN GYM 9am-4pm & 5-6pm	14 9:30-10:15 am Senior Strength & Cardio 6-7pm PUMP by Beth OPEN GYM 10:15am-4pm & 5-6pm	15 9:30-10:15 am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris 7-7:30pm Balance Fitness OPEN GYM 10:15am-4pm & 7:30-8:45pm	16 6-7pm PUMP by Beth OPEN GYM 9am-4pm & 5-8:45pm	17 5&6am Indoor Cycling w. Pam 9:30-10:15 am Sr. Strength & Cardio OPEN GYM 5-8:45pm	18 6pm Ultimate Wrestling NO OPEN GYM
19 PCC CLOSED 	20 6:30-7:30pm Indoor Cycling with Beth OPEN GYM 12pm-4pm & 5-6pm	21 9:30-10:15 am Senior Strength & Cardio 6-7pm PUMP by Beth OPEN GYM 12pm-4pm & 5-8:45pm	22 9:30-10:15 am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris 7-7:30pm Balance Fitness OPEN GYM 12pm-4pm & 7:30pm-8:45pm	23 6-7pm PUMP by Beth OPEN GYM 12pm-4pm & 5-8:45pm	24 5&6am Indoor Cycling with Pam OPEN GYM 5-8:45pm	25 9 am Weight Room Basics 9 am-4pm Red Cross Babysitter's Course OPEN GYM 12pm-4pm
26 PCC CLOSED	27 6:30-7:30pm Indoor Cycling with Beth 7pm Weight Room Basics OPEN GYM 9am-4pm & 5-6pm	28 9:30-10:15 am Senior Strength & Cardio 6-7pm PUMP by Beth OPEN GYM 10:15am-4pm & 5-8:45pm	29 9:30-10:15 am Senior Strength & Cardio 6-7pm Indoor Cycling with Chris 7-7:30pm Balance Fitness OPEN GYM 12pm-4pm & 7:30pm-8:45pm	30 6-7pm PUMP by Beth OPEN GYM 12pm-4pm & 5-8:45pm	31 5&6am Indoor Cycling with Pam 9:30-10:15 am Sr. Strength & Cardio OPEN GYM 5-8:45pm	