



July 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
<p>Main Office Hours M-Th 9:00am-8:30pm Friday 9:00am-7:30pm Saturday 8:00am-3:30pm</p> <p>Business Office Hours M-F 9am-5pm</p>	<p><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></p>	<p>*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</p>		<p>IT'S SUMMER!</p>		<p>1</p> <p>OPEN GYM 8am-3pm</p>
<p>2 PCC CLOSED</p>	<p>3 5:30-6:30pm Indoor Cycling with Beth</p> <p>OPEN GYM 5-8:15pm</p>	<p>4 PCC CLOSED</p> <p>Happy July 4th</p>	<p>5 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 7-7:30pm Balance Fitness</p> <p>OPEN GYM 5pm-8:15pm</p>	<p>6</p> <p>OPEN GYM 5-8:15pm</p>	<p>7 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 5-7:15pm</p>	<p>8</p> <p>OPEN GYM 8am-3pm</p>
<p>9 PCC CLOSED</p>	<p>10 5:30-6:30pm Indoor Cycling with Beth 6pm Concerts in the Park Rain Location</p> <p>NO OPEN GYM</p>	<p>11 9:30-10:15am Senior Strength & Cardio</p> <p>OPEN GYM 5-8:15pm</p>	<p>12 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 7-7:30pm Balance Fitness</p> <p>OPEN GYM 5pm-8:15pm</p>	<p>13</p> <p>OPEN GYM 5-8:15pm</p>	<p>14 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 5-7:15pm</p>	<p>15</p> <p>OPEN GYM 8am-3pm</p>
<p>16 PCC CLOSED</p>	<p>17 5:30-6:30pm Indoor Cycling with Beth 6pm Concerts in the Park Rain Location 6:30-7:30pm Summer Boot Camp w. Jenn</p> <p>NO OPEN GYM</p>	<p>18 9:30-10:15am Senior Strength & Cardio</p> <p>OPEN GYM 5-8:15pm</p>	<p>19 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 7-7:30pm Balance Fitness 6:30-7:30pm Summer Boot Camp w. Jenn</p> <p>OPEN GYM 5pm-8:15pm</p>	<p>20</p> <p>OPEN GYM 5-8:15pm</p>	<p>21 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 5-7:15pm</p>	<p>OPEN GYM 8am-3pm</p>
<p>23/30 PCC CLOSED</p>	<p>24/31 5:30-6:30pm Indoor Cycling with Beth 6pm Concerts in the Park Rain Location 6:30-7:30pm Summer Boot Camp w. Jenn 7pm Weight Room Basics (31)</p> <p>NO OPEN GYM</p>	<p>25 9:30-10:15am Senior Strength & Cardio</p> <p>OPEN GYM 5-8:15pm</p>	<p>26 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 7-7:30pm Balance Fitness 6:30-7:30pm Summer Boot Camp w. Jenn</p> <p>OPEN GYM 5pm-8:15pm</p>	<p>27</p> <p>OPEN GYM 5-8:15pm</p>	<p>28 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 5-7:15pm</p>	<p>29 9am Weight Room Basics</p> <p>OPEN GYM 8am-3pm</p>