



August 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-Th 9:00am-8:30pm Friday 9:00am-7:30pm Saturday 8:00am-3:30pm Business Office Hours M-F 9am-5pm		1 9:30-10:15 am Senior Strength & Cardio 10:30am-12:30pm & 5-6pm OPEN GYM	2 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 6:30-7:30pm Summer Boot Camp w. Jenn 10:30am-12:30pm & 5-6pm OPEN GYM	3 9:15-10:30 am Yoga 10:30am-12:30pm & 5-6pm OPEN GYM	4 9:30-10:15 am Sr. Strength & Cardio PCC CLOSES @ 6:30pm 10:30am-12:30pm & 5-6pm OPEN GYM	5 PCC CLOSED
6 PCC CLOSED	7 4-6am Summer Boot Camp w. Jenn 5:30-6:30pm Indoor Cycling with Beth 9am-12:30pm & 5-8:15pm OPEN GYM	8 9:30-10:15 am Senior Strength & Cardio 10:30am-12:30pm & 5-8:15pm OPEN GYM	9 5-6am Summer Boot Camp w. Jenn 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 10:30am-12:30pm & 5-8:15pm OPEN GYM	10 9:15-10:30 am Yoga 2-7pm Red Cross Blood Drive 9am-12:30pm & 5-8:15pm OPEN GYM	11 9:30-10:15 am Sr. Strength & Cardio 10:30am-12:30pm & 5-7pm OPEN GYM	12
13 PCC CLOSED	14 4-6am Summer Boot Camp w. Jenn 5:30-6:30pm Indoor Cycling with Beth 9am-4pm & 5-8:15pm OPEN GYM	15 9:30-10:15 am Senior Strength & Cardio 10:30am-4pm & 5-8:15pm OPEN GYM	16 5-6am Summer Boot Camp w. Jenn 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 10:30am-4pm & 5-8:15pm OPEN GYM	17 9:15-10:30 am Yoga 6-8:30pm Finger Lakes Summer Bounty & Wine Tasting Class 9am-4pm & 5-8:15pm OPEN GYM	18 9:30-10:15 am Sr. Strength & Cardio 10:30am-4pm & 5-7:15pm OPEN GYM	19
20 PCC CLOSED	21 5-6am Summer Boot Camp w. Jenn 5:30-6:30pm Indoor Cycling with Beth 9am-4pm & 5-8:15pm OPEN GYM	22 9:30-10:15 am Senior Strength & Cardio 10:30am-4pm & 5-8:15pm OPEN GYM	23 5-6am Summer Boot Camp w. Jenn 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 10:30am-4pm & 5-8:15pm OPEN GYM	24 9:15-10:30 am Yoga 9am-4pm & 5-8:15pm OPEN GYM	25 9:30-10:15 am Sr. Strength & Cardio 10:30am-4pm & 5-7:15pm OPEN GYM	26 9am Weight Room Basics 10:30am-4pm & 5-7:15pm OPEN GYM
27 PCC CLOSED 	28 5:30-6:30pm Indoor Cycling with Beth 7pm Weight Room Basics 9am-4pm & 5-8:15pm OPEN GYM	29 9:30-10:15 am Senior Strength & Cardio 10:30am-4pm & 5-8:15pm OPEN GYM	30 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris 10:30am-4pm & 5-8:15pm OPEN GYM	31 9:15-10:30 am Yoga 9am-4pm & 5-8:15pm OPEN GYM	*There will need to be a min. amount of members at certain classes for Senior Strength & Cardio or class will be cancelled. *CLASS CANCELS YOU WILL BE NOTIFIED BY PHONE/EMAIL OR SIGNAGE IN THE ROOM PRIOR TO THE CLASS. *There must be a min. amount of people for all classes for the rest of the class or \$100 fee for use of the facility.	*ALL CYCLING RENTALS are mandatory for classes and can be made by calling J.J.S. 548-8484. *There must be a min. amount of people for all rentals for class to be held.