






September 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-F 9:00am-8:45pm Saturday 8:00am-4:15pm</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><u>*ALL CYCLING Reservations are mandatory for class and can be made by calling 315-548-8484.</u> <u>*There must be a minimum of 4 people in attendance for class to be held</u></p>			<p>1 5-6am Indoor Cycling with Pam 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-7:15pm</p>	<p>2 OPEN GYM 8am-3pm</p>
<p>3 PCC CLOSED</p>	<p>4 PCC CLOSED</p> 	<p>5 9:30-10:15am Senior Strength & Cardio 4:15-5:15pm Indoor Cycling w. Jenn</p> <p>OPEN GYM 10:30am-8:15pm</p>	<p>6 FIRST DAY OF SCHOOL 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>7 5:45-6:30am Kettlebell 9:15-10:30am Yoga 4:15-5:15pm Indoor Cycling w. Jenn 5-6:15pm Yoga</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>8 5-6am Indoor Cycling with Pam 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:45pm</p>	<p>9 OPEN GYM 8am-4pm</p>
<p>10 PCC CLOSED</p>	<p>11 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>12 9:30-10:15am Senior Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>13 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>14 5:45-6:30am Kettlebell 9:15-10:30am Yoga</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>15 5-6am Indoor Cycling with Pam 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:45pm</p>	<p>16 6pm Ultimate Wrestling</p> <p>NO OPEN GYM</p>
<p>17 PCC CLOSED</p>	<p>18 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>19 9:30-10:15am Senior Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>20 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>21 5:45-6:30am Kettlebell 9:15-10:30am Yoga</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>22 5-6am Indoor Cycling with Pam 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:45pm</p>	<p>23 OPEN GYM 8am-4pm</p>
<p>24 PCC CLOSED</p> 	<p>25 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam 7pm Weight Room Basics</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>26 9:30-10:15am Senior Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>27 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 10:30am-4pm & 5-8:15pm</p>	<p>28 5:45-6:30am Kettlebell</p> <p>OPEN GYM 9am-4pm & 5-8:15pm</p>	<p>29 5-6am Indoor Cycling with Pam 9:30-10:15am Sr. Strength & Cardio</p> <p>OPEN GYM 10:30am-4pm & 5-8:45pm</p>	<p>23 9am Weight Room Basics</p> <p>OPEN GYM 8am-4pm</p>