

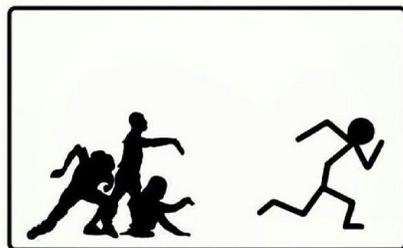
- ◆ **Indoor Cycling with Beth\*:** This class is a high energy class focused on fitness and fun!  
**Equipment:** Water and a small towel.  
**Instructor:** Beth Bond  
**When:** Mondays 5:30-6:30pm **Cost:** \$7.00 Or buy 12 classes for \$80!
- ◆ **Indoor Cycling with Chris\*:** Come train to get you "Road Ready." This class is tailored to seem like an outdoor ride. Build your stamina now so you'll be ready for the warmer weather.  
**Instructor:** Chris Collins  
**When:** Wednesdays 5:30-6:30pm. **Cost:** \$7.00 Or buy 12 classes for \$80!
- ◆ **Indoor Cycling with Pam\*:** Grab a bike & get motivated with Pam! Early Friday morning classes available to get you up & moving for your day or weekend!  
**Instructor:** Pam Raes  
**When:** Mondays 6:30-7:30pm & Fridays 5-6am. **Cost:** \$7.00 Or buy 12 classes for \$80!

**\*ALL CYCLING CLASSES: Reservations are mandatory for this 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.**

- ◆ **Senior Strength & Cardio:**(55 & older) A low intensity class including aerobics and light cardio rhythms conducted either standing or sitting depending on your fitness level to improve energy and mood. Accomplish daily tasks and recreation activities with increased energy and minimized discomfort. This class is taught in a supportive environment where you have the option of using a chair to perform each exercise.  
**Instructor:** Kandace DeVall **When:** Tuesdays, Wednesdays & Fridays from 9:30 – 10:15am  
**Cost:** \$3 Per class, Silver & Fit accepted for this class
- ◆ **Weight Room Basics:** Want to learn how to use the weight room? Class meets outside the weight room & works with an ISSA Certified Physical Instructor to teach how to use the equipment safely & effectively. **Instructor:** Richard "Sarge" Gonzalez  
**When:** Last Saturday of every month @ 9am & last Monday of every month @ 7pm. **Cost:** \$5.00 per class (PCC Fitness Membership required). *Please call 315-548-8484 to register.*
- ◆ **Kettlebell:** Cardio and strength training moves with a kettlebell (or dumbbell) to build muscle & get lean with these low-impact fat-blasting, muscle-building exercises. Great for all fitness levels. **Instructor:** Sue Hughes  
**When:** Thursdays 5:45-6:30am **Cost:** \$4.00 per class **Equipment:** A kettlebell & yoga mat.
- ◆ **Yoga (including Meditation):** A mixture of gentle, but challenging warm-ups, a solid base of postured (asanas), systematic breathing exercises, and at the end, quiet meditation. A typical class will feature one or two yoga postures, pointing out posture dynamics, preparatory poses, follow-up poses, variations and modifications. Fun, Dynamic & Educational for everyone at all levels. **Instructor:** Rich Hayden **When:** Thursdays 9:15am-10:30am **Cost:** Drop in Rate is \$15/\$12 for seniors.

**\* A minimum of 4 people are needed in all classes 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.**



**EXERCISE**

BECAUSE ZOMBIES WILL EAT THE SLOW ONE FIRST