








October 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
1 PCC CLOSED 	2 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam OPEN GYM 9am-4pm & 5-8:15pm	3  OPEN GYM 10:30am-8:15pm	4 5:30-6:30pm Indoor Cycling with Chris OPEN GYM 10:30am-4pm & 5-8:15pm	5 5:45-6:30am Kettlebell OPEN GYM 9am-4pm & 5-8:15pm	6 5-6am Indoor Cycling w. Pam  OPEN GYM 10:30am-4pm & 5-7:15pm	7 5-9:30pm PCC Night @ Phelps Haunted House: Free Costumes while supplies last! 5-6pm Family Friendly Haunt 6pm Ultimate Wrestling NO OPEN GYM
8 PCC CLOSED	9 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam OPEN GYM 9am-4pm & 5-8:15pm	10 9:30-10:15am Senior Strength & Cardio OPEN GYM 10:30am-8:15pm	11 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris OPEN GYM 10:30am-4pm & 5-8:15pm	12 5:45-6:30am Kettlebell OPEN GYM 9am-4pm & 5-8:15pm	13 5-6am Indoor Cycling w. Pam 9:30-10:15am Sr. Strength & Cardio 6:30pm Movie/Concessions in Redfield Park: <i>The Adams Family</i> OPEN GYM 10:30am-4pm & 5-8:45pm	14 1-3pm Harvest Festival 4:30pm Community Dinner NO OPEN GYM
15 PCC CLOSED	16 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam OPEN GYM 9am-4pm & 5-8:15pm	17 9:30-10:15am Senior Strength & Cardio OPEN GYM 10:30am-4pm & 5-8:15pm	18 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris OPEN GYM 10:30am-4pm & 5-8:15pm	19 5:45-6:30am Kettlebell OPEN GYM 9am-4pm & 5-8:15pm	20 5-6am Indoor Cycling w. Pam 9:30-10:15am Sr. Strength & Cardio 6:30pm Movie/Concessions in Redfield Park: <i>Hocus Pocus</i> OPEN GYM 10:30am-4pm & 5-8:45pm	21  NO OPEN GYM
22 PCC CLOSED 	23 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam OPEN GYM 9am-4pm & 5-8:15pm	24 9:30-10:15am Senior Strength & Cardio OPEN GYM 10:30am-4pm & 5-8:15pm	25 9:30-10:15am Senior Strength & Cardio 5:30-6:30pm Indoor Cycling with Chris OPEN GYM 10:30am-4pm & 5-8:15pm	26 5:45-6:30am Kettlebell 6-8:30pm Adult Culinary Class OPEN GYM 9am-4pm & 5-8:15pm	27 5-6am Indoor Cycling w. Pam 9:30-10:15am Sr. Strength & Cardio 6:30pm Movie/Concessions in Redfield Park: <i>It's the Great Pumpkin, Charlie Brown</i> OPEN GYM 10:30am-4pm & 5-8:45pm	28 9am Weight Room Basics OPEN GYM 8am-4pm
29 PCC CLOSED	30 2-7pm Blood Drive 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam 7pm Weight Room Basics OPEN GYM 9am-4pm & 5-8:15pm	31 9:30-10:15am Senior Strength & Cardio 5:45-6pm Costume Contest 6-7pm Trunk or Treat NO OPEN GYM	 HAPPY HALLOWEEN	Main Office Hours M-F 9:00am-8:45pm Saturday 8:00am-4:15pm 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>	<i>*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</i>