



# December 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><b>Main Office Hours</b> M-F 9:00am-8:45pm Saturday 8:00am-4:15pm</p> <p><b>Business Office Hours</b> M-F 9am-5pm</p>	<p><i>*There will need to be a minimum of 4 people in all classes except for Senior Strength &amp; 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><b>*ALL CYCLING Reservations are mandatory for class and can be made by calling 315-548-8484.</b> <b>*There must be a minimum of 4 people in attendance for class to be held</b></p>			<p>1 5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 10:30am-4pm &amp; 5-8:45pm</p>	<p>2 <b>6pm Phelps Hometown Christmas</b></p> <p><b>NO OPEN GYM</b></p>
<p>3 PCC CLOSED</p>	<p>4 5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p><b>OPEN GYM</b> 9am-4pm &amp; 7:45-8:45pm</p>	<p>5 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 10:30am-4:00pm</p>	<p>6 9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p><b>OPEN GYM</b> 12:30-4pm &amp; 5-8:45pm</p>	<p>7 5:45-6:30am Kettlebell <b>6pm Cookies &amp; Cocktails</b></p> <p><b>9am-12pm &amp; 5-8:45pm</b></p>	<p>8 5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 12:30-4pm &amp; 5-8:45pm</p>	<p>9 <b>NO OPEN GYM</b></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><b>OPEN GYM</b> 9am-4pm &amp; 7:45-8:45pm</p>	<p>12 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 10:30am-4pm &amp; 5-6pm</p>	<p>13 9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris PCC CLOSES @ 8pm</p> <p><b>OPEN GYM</b> 10:30am-12pm &amp; 5-7:45pm</p>	<p>14 5:45-6:30am Kettlebell</p> <p><b>OPEN GYM</b> 9am-4pm &amp; 5-8:45pm</p>	<p>15 5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 10:30am-4pm &amp; 5-8:45pm</p>	<p>16 <b>OPEN GYM</b> 12-4pm</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><b>OPEN GYM</b> 9am-4pm &amp; 7:45-8:45pm</p>	<p>19 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>NO OPEN GYM</b> GYM CLOSED</p>	<p>20 9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p><b>NO OPEN GYM</b> GYM CLOSED</p>	<p>21 5:45-6:30am Kettlebell</p> <p><b>NO OPEN GYM</b> GYM CLOSED</p>	<p>22 5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio <b>6-9pm Kids Night Out</b></p> <p><b>NO OPEN GYM</b> GYM CLOSED</p>	<p>23 9am Weight Room Basics <i>PCC CLOSES @2:30pm</i></p> <p><b>NO OPEN GYM</b> GYM CLOSED</p>
<p>24/31 PCC CLOSED</p>	<p>25 PCC CLOSED</p>	<p>26 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 12:30-4pm &amp; 5-6pm</p>	<p>27 9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p><b>OPEN GYM</b> 12:30-4pm &amp; 5-8:45pm</p>	<p>28 5:45-6:30am Kettlebell</p> <p><b>OPEN GYM</b> 12:30-4pm &amp; 5-8:45pm</p>	<p>29 5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p><b>OPEN GYM</b> 12:30-4pm &amp; 5-6pm</p>	<p>30 9am Weight Room Basics</p> <p><b>OPEN GYM</b> 12-4pm</p>