







# January 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>1 PCC CLOSED</p> 	<p>2</p> <p>2-7pm Blood Drive</p> <p>OPEN GYM 10:30am-4pm &amp; 5-8:45pm</p>	<p>3</p> <p>9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 12:30-4pm &amp; 5-8:45pm</p>	<p>4</p> <p>5:45-6:30am Kettlebell</p> <p>OPEN GYM 9am-12pm &amp; 7:45-8:45pm</p>	<p>5</p> <p>5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 1pm-4pm &amp; 5-8:45pm</p>	<p>6</p>  <p>NO OPEN GYM</p>
<p>7 PCC CLOSED</p>	<p>8</p> <p>5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p>OPEN GYM 9am-4pm &amp; 7:45-8:45pm</p>	<p>9</p> <p>9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 10:30am-4pm &amp; 5-8:45pm</p>	<p>10</p> <p>9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 12:30-4pm &amp; 5-8:45pm</p>	<p>11</p> <p>5:45-6:30am Kettlebell</p> <p>OPEN GYM 9am-12pm &amp; 7:45-8:45pm</p>	<p>12</p> <p>5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 12:30-4pm &amp; 5-8:45pm</p>	<p>13</p> <p>8:30-9:30am Indoor Cycling</p> <p>OPEN GYM 11am-4pm</p>
<p>14 PCC CLOSED</p> 	<p>15</p> <p>5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p><i>Martin Luther King Jr. Day</i></p> <p>OPEN GYM 1-4pm &amp; 7:45-8:45pm</p>	<p>16</p> <p>9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 10:30am-4pm &amp; 5-8:45pm</p>	<p>17</p> <p>9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>PCC CLOSING @ 8pm</p> <p>OPEN GYM 10:30am-12pm &amp; 5-7:45pm</p>	<p>18</p> <p>5:45-6:30am Kettlebell</p> <p>OPEN GYM 9am-4pm &amp; 7:45-8:45pm</p>	<p>19</p> <p>5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 10:30am-4pm &amp; 5-8:45pm</p>	<p>20</p> <p>8:30-9:30am Indoor Cycling 6pm Ultimate Wrestling</p> <p>NO OPEN GYM</p>
<p>21 PCC CLOSED</p>	<p>22</p> <p>5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p>OPEN GYM 9am-4pm &amp; 7:45-8:45pm</p>	<p>23</p> <p>9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 10:30-4pm &amp; 5-8:45pm</p>	<p>24</p> <p>9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 10:30-4pm &amp; 5-8:45pm</p>	<p>25</p> <p>5:45-6:30am Kettlebell</p> <p>OPEN GYM 9am-4pm &amp; 7:45-8:45pm</p>	<p>26</p> <p>5-6am Indoor Cycling w. Pam 9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 10:30am-4pm &amp; 5-8:45pm</p>	<p>27</p> <p>8:30-9:30am Indoor Cycling 9am Weight Room Basics</p> <p>OPEN GYM 11am-4pm</p>
<p>28 PCC CLOSED</p>	<p>29</p> <p>5:30-6:30pm Indoor Cycling with Beth 6:30-7:30pm Indoor Cycling with Pam</p> <p>OPEN GYM 9am-4pm &amp; 7:45-8:45pm</p>	<p>30</p> <p>9:30-10:15am Senior Strength &amp; Cardio</p> <p>OPEN GYM 10:30am-4pm</p>	<p>31</p> <p>9:30-10:15am Senior Strength &amp; Cardio 5:30-6:30pm Indoor Cycling with Chris</p> <p>OPEN GYM 10:30am-4pm</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><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></p>