





INTEGRIS PACER FITNESS CENTER CLASS SCHEDULE February ~ 2012

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY				
TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	CLASS INSTRUCTOR	CLASS INSTRUCTOR		
5:40am	5	CYCLE Daryle	5:40am	5	CYCLE Peter	5:40am	5	CYCLE Karen				5:40am	5	CYCLE Daryle					
6:00am	2	Gentle Yoga Kim	6:00am	1	Body Combat Jan	6:00am	2	Gentle Yoga Kim	6:00am	1	Body Combat Jan	6:00am	2	Gentle Yoga Kim					
7:00am	2	Core/Strength & Balls Kim				7:00am	2	Core/Strength & Balls Barb				7:00am	2	Core/Strength & Balls Kim					
8:00am	1	Senior Shapeup II Don W.	8:00am	1	Sr. Strength & Stretch Rissa	8:00am	1	Senior Shapeup II Don W.	8:00am	1	Sr. Strength & Stretch Rissa	8:00am	1	Senior Shapeup II Don W.	8:30am	5	Cycle varies	5	Cycle varies
8:45am	2	Cardio Fusion Jan	8:00am	2	Therapeutic Yoga Jeanie	8:45am	2	Cardio Fusion Jan	8:00am	2	Therapeutic Yoga Jeanie	8:45am	2	Cardio Fusion Jan	8:30am	1	Kickboxing Heather	1	Hit It! Justin/Lexi
9:00am	1	Senior Shapeup I Don W.				9:00am	1	Senior Shapeup I Don W.				9:00am	1	Senior Shapeup I Don W.	9:30am	2	Foam Rollers Heather	2	Yoga Jeanie
9:00am	3	Pilates Fundamentals Carol D.	9:00am	5	CYCLE Cindy	9:00am	3	Pilates Fundamentals Carol D.	9:00am	5	CYCLE Cindy				9:30am	1	TBW Kelly	1	Foam Rollers Lexi
9:35am	2	Hula Hoop Express Kim	9:30am	1	BOSU Balance Gail	9:35am	2	Hula Hoop Express Kim	9:30am	1	BOSU Balance Gail	10:00am	1	Beginner Linedance Nancy	10:30am	3	Pilates varies	1	Barre' Sculpt Carol
10:00am	2	BetterBacks Kim	10:00am	2	Beginner BetterBacks Gail	10:00am	2	BetterBacks Corey	10:00am	2	Beginner BetterBacks Gail	10:00am	3	Therapeutic Yoga Jeanie	10:30am	3rd Sat. only Step Fusion w/ Desiree			
10:00am	3	Every-Body's Yoga Carole H.	10:00am	3	Arthritis Exercise Kim	10:00am	3	Every-Body's Yoga Carole H.	10:00am	3	Arthritis Exercise Kim	10:00am	2	BetterBacks Gail					
10:55am	2	Pulmonary Functional Fitness Carole H.				10:55am	2	Pulmonary Functional Fitness Corey				10:55am	2	Pulmonary Functional Fitness Gail					
			11:00am	3	Gentle Yoga Kim				11:00am	3	Gentle Yoga Kim	11:00am	3	Intermediate Linedance Nancy					
11:00am	1	30 min. Total Body Workout Kelly	11:00am	1	Zumba® Express Desiree	11:00am	1	30 min. Total Body Workout Kelly	11:00am	1	Zumba® Express Desiree	11:00am	1	30 min. Total Body Workout Kelly					
11:30am	2	SilverSneakers® II Carole H.	11:30am	2	SilverSneakers® I Gail	11:30am	2	SilverSneakers® II Carole H.	11:30am	2	SilverSneakers® I Gail	11:30am	2	SilverSneakers® II Gail					
11:30am	5	CYCLE - 60 min. Kelly	11:45am	5	CYCLE Kelly	11:30am	5	CYCLE - 60 min. Kelly	11:45am	5	CYCLE Kelly	11:30am	5	CYCLE - 60 min. Kelly					



** Body Bars - Long Weighted Bars

*TBW - Total Body Workout

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SUNDAY			
TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	
11:45am	1	Cardio Circuit Express (:30 min class) Justin				11:45am	1	Cardio Circuit Express (:30 min class) Laura				11:45am	1	Cardio Circuit Express (:30 min class) Justin				
			12:20pm	2	Balance & Stretch Gail				12:20pm	2	Balance & Stretch Gail	12:20pm	2	SilverSneakers@Yoga Gail				
12:45pm	5	Easy Rider Cycle Don L.	12:30pm	1	Muscle Endurance Training Kelly	12:45pm	5	Easy Rider Cycle Don L.	12:30pm	1	Muscle Strength Training Kelly							
			1:00pm	2	SilverSneakers® Intro. Gail				1:00pm	2	SilverSneakers®Intro. Gail							
			2:00pm	2	SilverSneakers® II Gail				2:00pm	2	SilverSneakers® II Gail							
4:45pm	3	Dance 2 be Fit I Carole H.	4:45pm	1	Muscle Endurance Training Kelly	4:45pm	3	Dance 2 be Fit II Carole H.	4:45pm	1	Muscle Strength Training Kelly					3:00pm	2	Yoga/Stretch Cheri
4:45pm	1	Cardio-Strength w/Balls Tammy	4:45pm	2	Barre' Sculpt Carol D.	4:45pm	1	Cardio-Strength w/Balls Tammy	4:45pm	2	Barre' Sculpt Carol D.					4:00pm	5	Cycle varies
4:45pm	5	CYCLE Ryan	5:00pm	3	Zumba® Technique Desiree	4:45pm	5	CYCLE Shannon	5:00pm	3	Zumba® Technique Desiree							
5:30pm	2	Cardio Circuit Express (:30 min. class) Ardi	5:30pm	2	Yoga Sandi	5:30pm	2	Cardio Circuit Express (:30 min. class) Ardi	5:30pm	2	Yoga Sandi							
5:30pm	5	CYCLE Travis	5:30pm	5	CYCLE - 60 min. Don L.	5:30pm	5	CYCLE - 60 min. Don L.	5:30pm	5	CYCLE Barb	5:30pm	5	CYCLE - 60 min. Don L.				
			5:45pm	3	KettleBells Lexi				5:45pm	3	KettleBells Heather							
5:45pm	1	KickBoxing Heather	5:45pm	1	Zumba® Fitness Desiree	5:45pm	1	KickBoxing Heather	5:45pm	1	Zumba® Fitness Desiree							
6:00pm	2	Power Core & Strength (:30 min. class) Ardi				6:00pm	2	Power Core & Strength (:30 min. class) Ardi										
			6:30pm	1	15 minute Abs Desiree				6:30pm	1	15 minute Abs Desiree							
						6:45pm	2	Tai Chi Rick	6:45pm	3	Linedance Carolyn							

Green - Active Agers/SilverSneakers® appropriate for Seniors
Pink - BetterBacks/Yoga/Pilates/Stretch/Tai Chi
Red - High Endurance Adrenaline Training

Yellow - Cycle
Blue - Cardio/Strength - higher level classes
Orange - Strength, Abs, Core - higher level classes

**PACER
FITNESS CENTER
offers over 100
classes a week!**

