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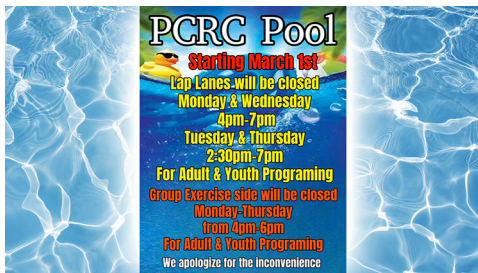
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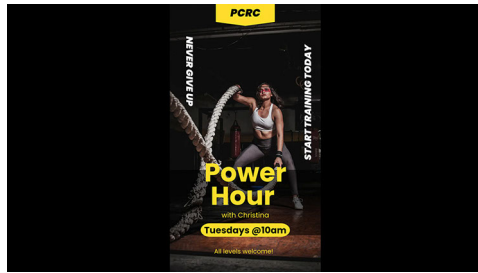
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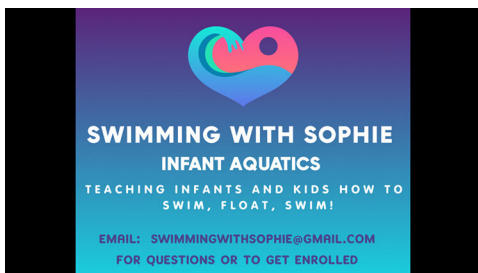
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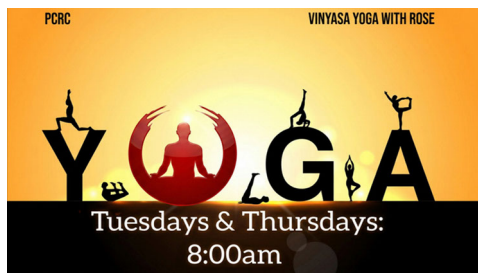
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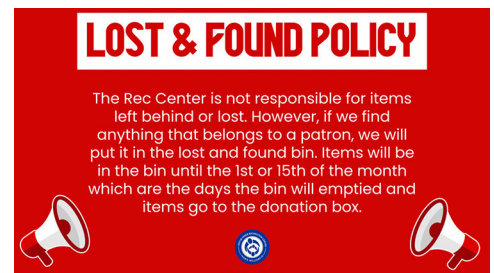
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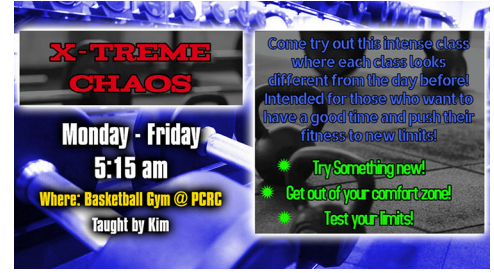
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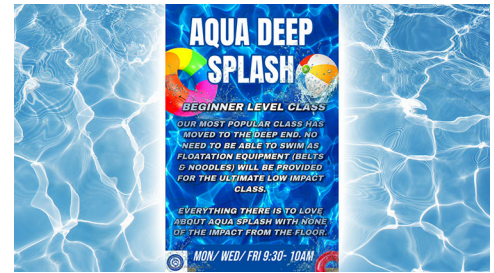
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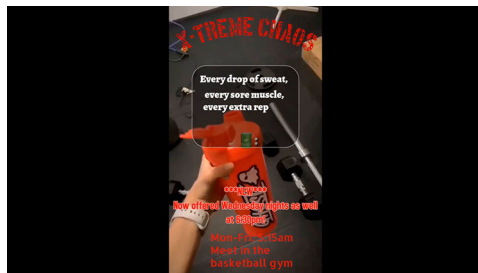
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Forever Fit:

- Chair- M/W/F @ 9:00 am
- Advanced- M/W/ F @ 10am



- Chair is a great place to start if you don't know your fitness level just yet.
- Advanced is the next step if you are needing more of a challenge.

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AQUA Fit

Mon- Thu @ 9:00 am

30 minutes of full body training in the shallow end.

Appropriate for all levels wishing to get a quick workout with high impact.

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GROUP FITNESS LAND & POOL SCHEDULE MAY 4TH- MAY 29TH

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
LAND FITNESS	8:30 9:00 AM CHAIR 9:00 FOREVER FIT ADVANCED	8:30 9:00 AM CHAIR 9:00 FOREVER FIT	8:30 9:00 AM CHAIR 9:00 FOREVER FIT ADVANCED	8:30 9:00 AM CHAIR 9:00 FOREVER FIT	8:30 9:00 AM CHAIR 9:00 FOREVER FIT ADVANCED
POOL FITNESS	8:30 9:00 AM AQUA FIT 9:00 9:30 AM DEEP PULSED CORE 9:30 10:00 AM AQUA FIT ADVANCED	8:30 9:00 AM AQUA FIT 9:00 9:30 AM AQUA STRENGTH CORE 9:30 10:00 AM AQUA FIT ADVANCED	8:30 9:00 AM AQUA FIT 9:00 9:30 AM AQUA STRENGTH CORE 9:30 10:00 AM AQUA FIT ADVANCED	8:30 9:00 AM AQUA FIT 9:00 9:30 AM DEEP PULSED CORE 9:30 10:00 AM AQUA FIT ADVANCED	8:30 9:00 AM AQUA FIT 9:00 9:30 AM DEEP PULSED CORE 9:30 10:00 AM AQUA FIT ADVANCED
	8:30 9:00 AM WHITE BOARD WORKOUT 9:00 9:30 AM WHITE BOARD WORKOUT		8:30 9:00 AM WHITE BOARD WORKOUT 9:00 9:30 AM WHITE BOARD WORKOUT	8:30 9:00 AM WHITE BOARD WORKOUT 9:00 9:30 AM WHITE BOARD WORKOUT	8:30 9:00 AM WHITE BOARD WORKOUT 9:00 9:30 AM WHITE BOARD WORKOUT

NOTES:

- No Family Swim on Sunday, May 22nd, for Mother's Day.
- PCSC will be open Open Open on Memorial Day, Monday, May 25th.
- No Group Fitness Classes, Club Hours, or Family Swim will be offered on Memorial Day, Monday, May 25th.
- Summer Family Swim Hours begin Wednesday, May 27th.
- PCSC is hosting a Senior Health Fair on Wednesday, June 3rd, from 10am-2pm. Please be sure to stop by!

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Visual Solutions

Together we will grow your business!

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