

PSFB Fitness Center Class Schedule

MARCH 2024

NOTE: All classes are listed in order of the day: morning first, midday next, and evening last.
Staffed Facility Hours: **Mon-Fri 5:00 a.m.-7:30 p.m.** Register for 24-hour access for all other days/times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11-12 Bootcamp 12:05-1:05 Zumba	2 10-10:45 HipHop Strength
4 6:00-6:45 Spin 11-12 Kickboxing 12:05-1:05 Zumba 12:15-1 Spin	5 11-12 Yoga 12:15-1 Spin 4:30-5:30 Zumba	6 11:15-12 HIIT 12:05-1:05 Zumba 12:15-1 Spin 5-6 Yoga	7 11-12 Strength/Con 12:05-1:05 Yoga 12:15-1 Spin 4:30-5:30 Zumba	8 11-12 Bootcamp 12:05-1:05 Zumba	9 10-10:45 HipHop Strength
11 6:00-6:45 Spin 11-12 Kickboxing 12:05-1:05 Zumba 12:15-1 Spin	12 11-12 Yoga 12:15-1 Spin 4:30-5:30 Zumba	13 TRAINING DAY NO CLASSES	14 11-12 Strength/Con 12:05-1:05 Yoga 12:15-1 Spin 4:30-5:30 Zumba	15 11-12 Bootcamp 12:05-1:05 Zumba	16 10-10:45 HipHop Strength
18 6:00-6:45 Spin 11-12 Kickboxing 12:05-1:05 Zumba 12:15-1 Spin	19 11-12 Yoga 12:15-1 Spin 4:30-5:30 Zumba	21 11:15-12 HIIT 12:05-1:05 Zumba 12:15-1 Spin 5-6 Yoga	21 11-12 Strength/Con 12:05-1:05 Yoga 12:15-1 Spin 4:30-5:30 Zumba	22 11-12 Bootcamp 12:05-1:05 Zumba	23 10-10:45 HipHop Strength
28 6:00-6:45 Spin 11-12 Kickboxing 12:05-1:05 Zumba 12:15-1 Spin	28 11-12 Yoga 12:15-1 Spin 4:30-5:30 Zumba	28 11:15-12 HIIT 12:05-1:05 Zumba 12:15-1 Spin 5-6 Yoga	28 11-12 Strength/Con 12:05-1:05 Yoga 12:15-1 Spin 4:30-5:30 Zumba	29 11-12 Bootcamp 12:05-1:05 Zumba	30 10-10:45 HipHop Strength

Bootcamp: A combination of cardiovascular and strength training to challenge your mind and body while alternating between high and low intensity levels.

High-intensity interval training (HIIT): Training protocol alternating short periods of intense or explosive anaerobic exercises paired with brief recovery periods until the point of exhaustion. The method involves exercises performed in repeated quick bursts at maximum or near maximal effort with periods of rest or low activity between bouts.

Hip Hop Strength: This class will cover the fundamentals with basic moves and a base line for full body conditioning. The strength training aspects can help manage weight loss, increase metabolism, protect joints from injury, and improve ability to do everyday activities.

Kickboxing: This class consists of box aerobics, kickboxing, and martial art moves, put all together in a fast action, exciting and powerful format. Works all major muscle groups to include cardio and can be modified to any fitness level.

Spin: This cycling class, designed for all levels, is characterized by muscular endurance drills and intervals, both seated & standing. Movements may include high rpm pedaling on the flats, acceleration drills, hill climbing, upper body and lower body strength, and recovery stretches. This class emphasizes speed, temps, timing, and rhythm.

Strength & Conditioning: This class involves a wide range of total body exercises that will help build strength, endurance, speed, and stability. It is designed to develop proper mechanics and improve overall performance.

Yoga: A class with designated poses or series of movements that help improve balance, flexibility, and strength. Individuals focus on posture and breathing techniques while doing the movements to enhance one's sense of peace and tranquility.

Zumba: A fusion of Latin and International music dance themes that create a dynamic, exciting, and fun calorie-burning dance fitness party. Comes with a variety of intensity levels and a serious dose of awesome each time.

Spin Fundamentals: Learn proper bike set-up, form and technique for the core movements, how to work at your pace, and have fun! Practice the mechanics first and then complete a 40-minute ride. Bring water and a small towel.