

# PSFB Fitness Center Class Schedule

# APRIL 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
6:00-6:45 Spin 11-12 Kickboxing 12:05-1:05 Zumba 12:15-1 Spin	11-12 Yoga 12:15-1 Spin  4:30-5:30 Zumba	11:15-12 HIIT 12:05-1:05 Zumba 12:15-1 Spin  5-6 Yoga	11-12 Strength/Con 12:05-1:05 Yoga  4:30-5:30 Zumba	11-12 Bootcamp 12:05-1:05 Zumba	10-10:45 HipHop Strength
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
6:00-6:45 Spin 11-12 Kickboxing 12:05-1:05 Zumba 12:15-1 Spin	11-12 Yoga 12:15-1 Spin  4:30-5:30 Zumba	<b>TRAINING DAY</b>  <b>NO CLASSES</b>	11-12 Strength/Con 12:05-1:05 Yoga  4:30-5:30 Zumba	11-12 Bootcamp 12:05-1:05 Zumba	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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- 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.