CARDIO KICKBOXING

A great workout for everyone interested in improving their fitness and stamina. This class is flexible to serve the needs of everyone – beginners will get into shape and more advanced participants will be challenged to improve their fitness. The class format integrates combinations of muscle and motion exercises to strengthen and tone.

Tuesdays and Thursdays, 12pm to 1pm in Fitness Studio 1.

20 CLASSES FOR SPRING 2020

FEBRUARY (6 CLASSES) - T 2/4, TH 2/6, T 2/11, TH 2/13, T 2/18, TH 2/20. NO CLASSES on T 2/25 and TH 2/27

MARCH (6 CLASSES) - T 3/3, TH 3/5, T 3/10, TH 3/12, TH 3/19, T 3/31. NO CLASSES on T 3/17, T 3/24, and TH 3/26

APRIL (8 CLASSES) - T 4/7, TH 4/9, T 4/14, TH 4/16, T 4/21, TH 4/23, T 4/28, TH 4/30 (last scheduled class of the semester). NO CLASS ON TH 4/2

MAY (NO SCHEDULED CLASSES) - T 5/5 and TH 5/7 are reserved dates for make-up classes, if needed.

Tai Chi!

Mondays and Wednesdays, 12pm to 1pm in Fitness Studio 1.

This graceful form of exercise involves a series of movements performed in a slow, focused manner and accompanies by deep breathing. This is a great workout for everyone interested in learning and improving their technique.

Mondays and Wednesdays, 12pm to 1pm in Fitness Studio 1.


MAY (NO SCHEDULED CLASSES) - M 5/11 and W 5/13 are reserved dates for make-up classes, if needed.

Fee:

Participants are required to purchase a PAC Group Exercise Punch Pass to participate in the program. Pass holders can attend any class offered through the PAC Group Exercise program. Instructors will validate passes at the beginning of each class session.

Passes will be available for purchase at the Pioneer Activity Center “Welcome Desk – Control Room” in the lower-level of the Multi-Purpose Room. There are three(3) pass options available:

10 visit Punch Pass: $30.00  
20 visit Punch Pass: $50.00  
30 visit Punch Pass: $60.00