



SEPTEMBER/ OCTOBER 2017

Group Exercise Classes

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3
	Good Morning Pump 5:15 Kierceton	Rise, Shine, & Stretch Yoga 6:30 Lucie	PEAC Spin 5:15 Cheryl C	HIIT 5:05 Kierceton	YOGA for MEN 6:05 Kierceton 30 min		T B C 5:15 Rose	 5:30 Kierceton	PEAC Spin 5:15 Megan		YOGA for MEN 6:05 Kierceton 30 min
	T B C 8:30 Kierceton	STRONG 8:30 Bridgette			Pilates 8:30 Deb			Rise, Shine, & Stretch Yoga 6:30 Amy	T Ab Lab 6:15 Megan 15 min		 8:30 Michelle
Maniac Monday 9:30 Megan		Barre Fusion 9:30 Michelle	PEAC Spin 8:30 Leslie	Boxing Circuit 9:15 Rose	T Have A Ball 9:00 Susie		TBC Interval 8:30 Maggie	Barre Fusion 8:30 Megan	PEAC Spin 9:30 Deb	T Have A Ball 9:00 Susie	Core & More <i>EXPRESS</i> 9:30 Pat
	Ab Lab 10:30 Megan T 15 min	YOGA Deep Release 10:30 Leslie			YOGA 9:30 Leslie	Weight Circuit Fitness Floor 9:30 Kara/Susie	JUMP! 9:30 Michelle	Core Dynamics 9:30 Leslie	T Ab Lab 10:30 Deb 15 min	PEAC PUMP 9:30 Michelle	Cardio Interval 10:00 Pat
			Core & More <i>EXPRESS</i> 9:30 Pat	T Walk 'N' Weights <i>Express</i> 10:00 Susie	Chair Yoga Fusion 10:30 Leslie	T Ab Lab 10:00 Kara/Susie 15 min	Just Dance ! 10:45 Megan	Restore & Stretch 10:30 Leslie	Chair Yoga Fusion 10:45 Leslie	T Walk 'N' Weights <i>Express</i> 10:00 Susie	YOGA Beginner 10:30 Kierceton
	Tai Chi Beginner 11:20 Terri		Cardio Interval 10:00 Pat	Fabulously Fit for Fall 10:00 Michelle		PEAC Spin 9:30 Megan					
	PEAC PUMP <i>Express</i> 12:15 Jen	YIN YOGA All Levels 12:15 Terri	30/30 Spin & Pump 12:15 Megan		Lunch Break Yoga <i>Express</i> 12:15 Jen		HIIT <i>Express</i> 12:15 Michelle	Gentle & Restore YOGA 12:15 Carolyn	30/30 Spin & Pump 12:15 Megan		
	TBC 4:30 Rachel				Ab Lab 5:15 Michelle 15 min	Spin 101 Oct 18 5:00 Megan	PEAC PUMP 4:30 Jen		Spin, Rebound &Weights 4:30 Michelle		
PEAC Spin 5:30 Sophia	Boxing Circuit 5:30 Rose	Core Dynamics 5:30 Leslie		Zumba 5:30 Stacey	Barre Fusion 5:30 Michelle	PEAC Spin 5:30 Vanessa	Fit Body Boot Camp 5:30 Dave	YOGA Beginner 5:30 Jen	PEAC Spin 5:30 Nick	PeacFit 5:30 Rachel	Barre Fusion 5:30 Megan
STRONG 6:30 Bridgette	ZUMBA 6:30 Juni	YOGA 6:30 Louise	PEAC Spin 6:30 Anna	Bootcamp 6:30 Michele H.	YIN YOGA 6:30 Holly	TBC Interval 6:30 Jaime	ZUMBA 6:30 Bridgette	Simply Stretch <i>Express</i> 6:30 Jen		ZUMBA 6:30 Stacey	YOGA 6:30 Maggie
		Meditation 7:30 Louise			YOGA Beginner 7:30 Pat F.						

Register at the Service Desk up to 30 minutes prior for PEAC Spin, JUMP & Box & Bounding; 60 minutes prior to Cardio Tennis

Looking to try a new class, schedule an appointment with Member Services to assist you for your first time!

T = Meet on the Track

kidsnightout

RETURNS SEPT 22ND

Every Friday Night • 6:00 - 9:30PM

Drop off your children for an evening filled with sports, games, crafts and most importantly 

SEPTEMBER/ OCTOBER 2017

PEAC



September

&

October

2017

HEALTH · FITNESS · COMMUNITY

1440 Lower Ferry Rd • Ewing, NJ 08618
609.883.2000 • www.PEAChealthfitness.com

FRIDAY		
Studio 1	Studio 2	Studio 3
	Bootcamp 5:30 Lauren	Rise, Shine, & Stretch Yoga 6:30 Amy
	T B C 8:30 Megan	
30/30 Spin & Pump 9:30 Sophia	HIIT <i>Express</i> 9:30 Michelle	YOGA Beginner 9:30 Donna
Walk 'N' Weights 10:30 Dave 45 minutes	PiYO <i>Express</i> 10:00 Michelle	
Ab Lab 10:30 Megan 15 min	Tai Chi Mixed Forms 10:30 Michael	Turf Boot camp <i>Express</i> 12:15 Dave
<i>Easy Rider Spin</i> <i>Express</i> 11:30 Megan	Tai Chi Beginner 11:15 Michael	
	Tai Chi Intermediate 12:15 Michael	
PEAC SPIN 5:30 Anna		YOGA for Every Body 5:30 Marsha

SATURDAY		
Studio 1	Studio 2	Studio 3
Cardio Tennis Sept 30 Oct 14,28 8:00 Monika	Bootcamp 7:30 Rachel	YOGA for Every Body 7:30 Lucie
PEAC Spin 8:00 Michele H.	PiYO 8:30 Michelle	Barre Fusion 8:30 Megan
	Ab Lab 9:00 Michele H. 15 min	
PEAC Spin 9:30 Megan	PEAC PUMP 9:30 Michele H.	Fat Burning Pilates 9:30 Rose
Walk 'N' Weights 10:45 Michele H.	ZUMBA 10:30 Stacey	Vinyasa YOGA Intermed/adv 10:45 Lana 75 minutes

SUNDAY		
Studio 1	Studio 2	Studio 3
PEAC Spin 8:00 Megan	T B C 8:30 Rachel	YOGA for athletes 8:00 Sam 75 minutes
PEAC Spin 9:30 Alex	Zumba 9:30 Juni	Vinyasa YOGA Intermed/Advance 9:30 Leslie
Walk 'N' Weights 11:00 Jim		YOGA Beginner 10:45 Jennifer

KID PARTIES at PEAC

YOUR BIRTHDAY PARTY SOLUTION

Sit back and relax. PEAC's fun staff sets up, guides the kids through activities, serves the food & cleans up!

Call today for more info: 609.883.2000

Club Hours	
Monday	5:00 am - 10:00 pm
Tuesday	5:00 am - 10:00 pm
Wednesday	5:00 am - 10:00 pm
Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	7:00 am - 5:00 pm

KidSpace Hours	
Mon. - Thurs.	8:00 - 1:00 & 4:30 - 8:30
Friday	8:00 - 1:00 & 4:30 - 6:30
Saturday	8:00 - 1:00
Sunday	9:00 - 12:00

PEAC Youth PROGRAMS

FALL 2017

September 18 thru December 15

tennis

SOCCER

gym games

View Schedule & Register @ PEActurf.com

ADULT SOCCER LEAGUES

START IN SEPTEMBER
SIGN UP TODAY

PEActurf.com