

NOVEMBER/ DECEMBER 2017



MONDAY			TUESDAY		
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 8:30 Kierceton	STRONG 8:30 Bridgette			
Maniac Monday 9:30 Megan		 9:30 Audrey	PEAC Spin 8:30 Leslie	 9:00 Michelle	T Have A Ball 9:00 Susie
	Ab Lab 10:30 Megan T 15 min	YOGA Deep Release 10:30 Leslie			YOGA 9:30 Leslie
			Core & More <i>EXPRESS</i> 9:30 Pat	Walk 'N' Weights <i>Express</i> T 10:00 Susie	Chair Yoga Fusion 10:30 Leslie
	Tai Chi Beginner 11:20 Terri		Cardio Interval 10:00 Pat	Winter Workout Blast 10:00 Michelle	
	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
	TBC 4:30 Rachel				Ab Lab 5:15 Michelle 15 min
PEAC Spin 5:30 Sophia	Boxing Circuit 5:30 Rose	Core Dynamics 5:30 Leslie		Zumba 5:30 Stacey	Barre Fusion 5:30 Michelle
STRONG 6:30 Bridgette	ZUMBA 6:30 Juni	YOGA 6:30 Louise	PEAC Spin 6:30 Anna	PEAC PUMP 6:30 Michele H.	YIN YOGA 6:30 Holly
		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

Group Exercise Classes

WEDNESDAY			THURSDAY		
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3
	T B C 5:15 Rose	 5:30 Kierceton	PEAC Spin 5:15 Megan		YOGA for MEN 6:05 Kierceton 30 min
		Rise, Shine, & Stretch Yoga 6:30 Lucie	T Ab Lab 6:15 Megan 15 min		 8:30 Michelle
	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
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
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
PEAC Spin 9:30 Megan					
	STRONG 45 12:15 Audrey	Gentle & Restore YOGA 12:15 Carolyn	PEAC Spin 12:15 Megan 45 min		
Spin 101 Nov 15 Dec 13 5:00 Vanessa	PEAC PUMP 4:30 Jen		Spin, Rebound &Weights 4:30 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
TBC Interval 6:30 Jaime	ZUMBA 6:30 Bridgette	POWER YOGA 6:30 Lana		ZUMBA 6:30 Stacey	POWER YOGA 6:30 Maggie

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 

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FRIDAY		
Studio 1	Studio 2	Studio 3
	Bootcamp 5:30 Lauren	Rise, Shine, & Stretch Yoga 6:30 Lucie
	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 T 15 min	Tai Chi Mixed Forms 10:30 Michael	Turf Boot Camp <i>Express</i> 12:15 Dave
	Tai Chi Beginner 11:15 Michael	Barre Booty Camp <i>Express</i> 12:15 Megan
	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 Nov 11,25 Dec 9,23 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. T 15 min	Fat Burning Pilates 9:30 Rose
PEAC Spin 9:30 Megan	PEAC PUMP 9:30 Michele H.	
Walk 'N' Weights 10:45 Michele H.	ZUMBA 10:30 Stacey	YOGA Intermed/adv 10:45 Marcy 90 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

ADULT SOCCER LEAGUES

START IN SEPTEMBER
SIGN UP TODAY

PEActurf.com

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

PEAC

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

November

&

December

2017

HEALTH · FITNESS · COMMUNITY

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

PEAC Youth PROGRAMS



FALL 2017

September 18 thru December 15

tennis



soccer

gym games



View Schedule & Register @ PEACturf.com