

# JANUARY/ FEBRUARY 2018

# 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 5:30 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						Rise, Shine, & Stretch Yoga 6:30 Lucie	6:15 Megan 15 min		8:30 Michelle
Drums Alive! 9:00 Carol	MegaMix Monday 9:30 Glenda	Soul Body Barre 9:30 Audrey	PEAC Spin 8:30 Leslie	9:00 Michelle	Have A Ball 9:00 Susie		Whip it Wednesday 8:30 Glenda	Barre Fusion 8:30 Megan	PEAC Spin 9:30 Deb	Have A Ball 9:00 Susie	Core & More <i>EXPRESS</i> 9:30 Pat
PEAC Spin Total Body 10:30 Glenda	Weight Circuit Fitness Floor 9:45 Kara/Susie	YOGA Deep Release 10:30 Leslie	Warrior Circuit 9:30 Rita		YOGA 9:30 Leslie	Weight Circuit Fitness Floor 9:30 Kara/Susie	JUMP! 9:30 Michelle	Core Dynamics 9:30 Leslie	Ab Lab 10:30 Deb 15 min	PEAC PUMP 9:30 Michelle	Cardio Interval 10:00 Pat
	Ab Lab 10:15 Kara/Susie 15 min		Core & More <i>EXPRESS</i> 9:30 Pat	Walk 'N' Weights <i>Express</i> 10:00 Susie	Chair Yoga Fusion 10:30 Leslie	PEAC Spin 9:30 Megan	Just Dance ! 10:45 Megan	Restore & Stretch 10:30 Leslie	Chair Yoga Fusion 10:45 Leslie	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	Winter Workout Blast 10:00 Michelle		Ab Lab 10:00 Kara/Susie 15 min					
	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		STRONG 45 12:15 Bridgette	Gentle & Restore YOGA 12:15 Carolyn	PEAC Spin 12:15 Megan 45 min		
	T B C 4:30 Rachel			PEAC PUMP 4:30 Rachel	Ab Lab 5:15 Michelle 15 min	Spin 101 <b>Jan 17, Feb 21</b> 5:00 Vanessa	PEAC PUMP 4:30 Jen		Spin, Rebound & Weights 4:30 Michelle		
PEAC Spin 5:30 Nick	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	STEP IT UP 6:30 Michele H.	YIN YOGA 6:30 Holly	TBC Interval 6:30 Jaime	ZUMBA 6:30 Bridgette	POWER YOGA 6:30 Lana		ZUMBA 6:30 Carlos	POWER YOGA 6:30 Donna
		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



Every Friday Night • 6:00 - 9:30PM

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

# JANUARY/ FEBRUARY 2018

# PEAC

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 Megan	STRONG 9:30 Bridgette	YOGA Beginner 9:30 Donna
Walk 'N' Weights 10:30 Dave 45 minutes		
Ab Lab 10:30 Megan 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	
Happy Hour Spin 5:30 Anna		YOGA for Every Body 5:30 Marsha

SATURDAY		
Studio 1	Studio 2	Studio 3
Cardio Tennis Jan 6,20 Feb 3,17 8:00 Monika	Bootcamp 7:30 Rachel	YOGA for Every Body 7:30 Lucie
PEAC Spin 8:00 Michele H.	<b>PiYO</b> 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
POWER BALL 10:30 Michele H.	ZUMBA 10:30 Stacey	YOGA Intermed/adv 10:45 Marcy 90 minutes

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 & 4:00 - 8:30
Friday	8:00 - 1:00 & 4:00 - 6:30
Saturday	8:00 - 1:00
Sunday	9:00 - 12:00

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
		YOGA Beginner 10:45 Jennifer



YOU READY?

REGISTRATION BEGINS JANUARY 2  
CHALLENGE STARTS JANUARY 22



January

&

February

2018

HEALTH · FITNESS · COMMUNITY

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

## INDOOR PLAYGROUND

IT'S COLD OUTSIDE! COME IN AND PLAY!

Our large, indoor TURF field is the perfect place for preschoolers to run, jump, play & expore.

ALL are welcome!

EVERY WEDNESDAY 1:00-2:00 PM  
EVERY FRIDAY 9:30-10:30 AM

REGISTER @PEAChealthfitness or CALL today!

## School's Out Camp

An organized day of sports & activites at PEAC!

January 15, February 20, March 26-30, April 2-6

Half Day 9am-12pm Full Day 9am-4pm

Before Care 8am-9am After Care 4pm-6pm

register @PEAChealthfitness.com