
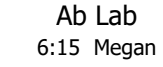





NOVEMBER/ DECEMBER 2017

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						Rise, Shine, & Stretch Yoga 6:30 Lucie	 6:15 Megan 15 min		 8:30 Michelle
Maniac Monday 9:30 Megan		 9:30 Audrey	PEAC Spin 8:30 Leslie	 9:00 Michelle	Have A Ball 9:00 Susie		TBC Interval 8:30 Maggie	Barre Fusion 8:30 Megan	PEAC Spin 9:30 Deb	Have A Ball 9:00 Susie	Core & More <i>EXPRESS</i> 9:30 Pat
Easy Rider Spin <i>Express</i> 10:30 Glenda	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	Ab Lab 10:30 Deb T 15 min	PEAC PUMP 9:30 Michelle	Cardio Interval 10:00 Pat
			Core & More <i>EXPRESS</i> 9:30 Pat	Walk 'N' Weights <i>Express</i> T 10:00 Susie	Chair Yoga Fusion 10:30 Leslie	Ab Lab 10:00 Kara/Susie T 15 min	Just Dance ! 10:45 Megan	Restore & Stretch 10:30 Leslie	Chair Yoga Fusion 10:45 Leslie	Walk 'N' Weights <i>Express</i> T 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		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		STRONG 45 12:15 Audrey	Gentle & Restore YOGA 12:15 Carolyn	PEAC Spin 12:15 Megan 45 min		
	TBC 4:30 Rachel			PEAC PUMP 4:30 Rachel	Ab Lab 5:15 Michelle 15 min	Spin 101 Dec 13 5:00 Vanessa	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	Fit Body Boot Camp 6:30 Michele	YIN YOGA 6:30 Holly	TBC Interval 6:30 Jaime	ZUMBA 6:30 Bridgette	POWER YOGA 6:30 Lana		ZUMBA 6:30 Stacey	POWER 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



Every Friday Night • 6:00 - 9:30PM

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

NOVEMBER/ DECEMBER 2017

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

GRADES K-6
School's Out CAMP
SCHOOL CLOSED? COME TO PEAC!
 Campers will enjoy an organized day of activities and field sports led by our fun, responsible camp counselors on days off from school.
HALF DAY: 9am-12pm **FULL DAY:** 9am-4pm
BEFORE CARE: 8am-9am **AFTER CARE:** 4pm-6pm
SCHOOL'S OUT CAMP IN SESSION:
 Nov. 9, Nov. 10, Dec. 26-29,
 Jan. 15, Feb. 19, Feb. 20,
 March 26-30, April 2-6
REGISTER AT PEACHEALTHFITNESS.COM

★ **NEW AT PEAC!** ★
Toddler Tumble
FREE PLAY EXTRAVAGANZA!
Run, Play & Explore in a safe, climate controlled environment!
 Ages 18mos-7 yrs
Wednesdays: 1 pm-2 pm • Fridays 9:30-10:30am
Register @ PEAChealthfitness.com

November
 &
December
 2017

HEALTH · FITNESS · COMMUNITY
 1440 Lower Ferry Rd • Ewing, NJ 08618
 609.883.2000 • www.PEAChealthfitness.com