

FEBRUARY 2012

CLASS SCHEDULE

effective: February 6, 2012



	FITNESS STUDIO	CYCLING STUDIO *	SWIMMING POOL	
MONDAY	5:30am Cardio Pump Linda 9:00am Power Hour Geri 10:30am Dance Party Laura 3:30pm Tae Kwon Do ★ (\$) Jamal 4:30pm Sing, Hop & Bop ★ Nicole (45mn) 5:30pm Yoga Daniel 6:30pm Flirty Girl Fitness Corrie 7:30pm Tae Kwon Do (\$) (Adult) Jamal	9:00am Cycling A.J. 6:00pm Cycling Julie	6:00am Masters Swim Kristina	PILATES PLUS 8:30am Reformer Circuit (\$) Jennifer 9:30am Power Reformer (\$) Sonya 6:30pm Reformer Circuit II (\$) Jacquie
TUESDAY	9:00am Cardio Sculpt Remix Geri 10:15am Pilates Mat I Venona 12:00pm 20-20-20 Laura 3:30pm Tae Kwon Do (ADV) (\$) Jamal 5:00pm Spinlates (1.5 hrs) Sonya 6:45pm Vinyasa Flow Yoga Helaine	5:30am Spin Attack Linda 9:00am Cycling Erin 5:00pm Spinlates (1.5 hrs) Sonya	8:30am Aquacise Ruth 5:00pm Jr Swim Team (\$)	6:00am Pilates 101 (\$) Jacquie/Carol 10:30am Pilates 101 (\$) Carol 6:30pm Pilates 101 (\$) Carol
WEDNESDAY	5:30am Boot Camp AJ 9:00am Impact Strength Fusion I Dina 10:15am Agility & Beyond Al & Vic - Meet on Tennis Court 10:30am Cardio Evolution Sonya 5:30pm Vinyasa Flow Yoga Helaine 6:45pm Zumba® Venona	9:15am Cycling Sonya	6:00am Masters Swim Kristina	9:30am Pilates 101 (\$) Carol 10:30am Pilates 101 (\$) Jennifer 6:30pm Reformer Circuit II (\$) Jacquie
THURSDAY	9:00am Zumba® Venona 10:15am Yoga Daniel 12:00pm 20-20-20 Laura 5:30pm Pilates Mat II-III Susie 7:00pm Tae Kwon Do (Adult) (1.5 hrs) (\$) Jamal	5:30am Spin Attack Linda 9:00am Cycling A.J. 6:00pm Cycling Nikki	8:30am Aquacise Kristina 5:00pm Jr Swim Team (\$)	6:00am Pilates 101 (\$) Jacquie/Carol 8:30am Reformer Circuit (\$) Charis 9:30am Pilates 101 (\$) Charis 6:30pm Pilates 101 (\$) Carol
FRIDAY	5:30am Boot Camp AJ 9:00am Impact Strength Fusion II Eve 10:30am World Rhythm & Dance Laura 4:00pm Restorative Yoga Helaine	9:00am Cycling Erin 10:15am Cycling Erin	6:00am Masters Swim Kristina	9:30am Power Reformer (\$) Sonya 10:30am Pilates 101 (\$) Jennifer
SATURDAY	TBD Power Walk John 8:00am Russian Circuit Rick 10:00am Pilates Mat I Susie	9:00am Spin Attack Patti/Julie	8:30am Aquacise Flavius	8:00am Reformer Circuit (\$) Charis 9:30am Pilates 101 (\$) Charis 10:30am Pilates 101 (\$) Jennifer
SUNDAY	8:30am Gentle Vinyasa Flow Yoga (1.5 hrs) Mara 10:30am Tae Kwon Do (BEG) ★ (\$) Jamal 11:30am Tae Kwon Do (BEG/INT) (1.5 hrs) ★ (\$) Jamal	<div style="border: 1px solid black; padding: 5px;"> CLASS KEY ALL CLASSES ARE ONE HOUR LONG EXCEPT WHERE NOTED. — This is a NEW class, time, or instructor. ★ This is a class for kids. \$ This is a fee-based class/program. * ALL CYCLING CLASSES allow bike reservations up to 2 days in advance. </div>		

OPEN STUDIO HOURS
 M + W 8:30am-2pm, 5:30-8pm
 T + Th 7am-2pm, 5:30-8pm
 Fri 8:30am-2pm
 Sat 9am-12pm
 Certain restrictions may apply.

CLUB HOURS

Weekdays 5:30am – 10:00pm
 Weekends 7:00am – 7:00pm

POOL HOURS

Weekdays 6:00am – 9:00pm
 Weekends 7:00am – 6:30pm

KIDS CLUB HOURS

Weekdays 8:30am – 12:30pm
 3:30pm – 8:00pm
 Weekends 8:30am – 12:30pm



85 Old Corona Road, Petaluma CA 95952
 (707) 789-9898 www.pvac.com

CLASS DESCRIPTIONS

Fitness Director:
Sonya M. van Ommeren-Akelman
sonya@pvac.com

ADULT CLASSES

20-20-20

Rev up your workout with a fast paced 20 minute cardio workout with weights. Add in 20 minutes of core strengthening, followed by 20 minutes of deep stretching.

Agility & Beyond

An athletic performance training class focusing on footwork drills, flexibility, hand-eye coordination, endurance, reaction speed, core strength, balance and power.

Aquacise

A low impact group fitness aquatics class held in our year round heated swimming pool.

Boot Camp

Boot Camp combines cardio training, interval training, and many other exercises using weights and/or body weight to lose body fat, increase cardiovascular efficiency, increase strength, and help initiate a routine of regular exercise.

Cardio Evolution

A step/cardio fitness class for any level of fitness. Combines simple step movements with arm, leg and abdominal strengthening exercises for a full body workout.

Cardio Pump

A full body strength training class. Build lean muscle, tone your body, improve your bone density and feel and look great! All levels welcome.

Cardio Sculpt Remix

High energy, muscle strengthening and building, fat burning, cardiovascular, non impact class using barbells, physioballs, tubing and more.

Cycling

Self-paced approach to endurance training that challenges everyone regardless of fitness level. Each class simulates a ride traveling flat roads, climbing hills, sprinting and racing! The benefits are amazing - weight loss, cardio conditioning, and improving leg strength!

Dance Party

Dance to world music with choreography incorporating a variety of dance styles from hip-hop to Latin! Learn easy routines that will exercise both the body and the mind.

Flirty Girl Fitness®

This workout is a cardio-intensive, dance-based fitness class that challenges multiple muscle groups. The result is a fabulous, fun and effective total-body workout designed for people of all ages. Class format consists of a warm-up, cool down and 6 choreographed dances focusing on core, upper body and lower body strength. All moves focus on serious toning and balance.

Impact Strength Fusion I & II

Strength and cardio vascular training combined with flexibility. Improve in all these areas with one class! All levels welcome.

Junior Swim Team (\$)

A non-competitive swim team that focuses on building swimming skills in a fun and enjoyable environment. Swimmers work on various stroke techniques along with breathing, diving and flip turns. Games and relays spark great conditioning and fun for all. Ages 7 and up.

Masters Swim & Stroke Conditioning

A one-hour swim conditioning class that focuses on improving form and efficiency in swimming. This class includes drills, enhancing arm stroke and leg performance. Open to ALL LEVELS and modified to accommodate different swimming strength and ability.

Pilates Mat

Body conditioning that focuses on strengthening and balancing the core by consciously controlling muscular movements of the abdominals, gluteals, and lower back. All exercises are designed to increase balance, flexibility and strength through concentration, control, precision, breathing and flow of movement.

Power Hour

Boot Camp style class using high intensity cardio (step, kickboxing, gliders, calisthenics) and weights (dumbbells or bar) and tubing.

Power Walk

This is a walking class on Saturday mornings that tours through the Petaluma countryside. The class walks 3 miles in 50 minutes. All levels are welcome.

Russian Circuit

A muscle class that focuses on learning the proper form and technique of free weight training.

Sing, Hop & Bop – (Walking to 4 yrs.) This is a fun, interactive class where parents and their children explore fitness, music, and social interaction with other families. This class will run for 12 weeks. Guests are welcome for \$5 fee. (45min)

Spin Attack – one hour of challenging indoor cycling – get ready to sweat!

Spinlates

This total body workout begins with 45 minutes of intense cycling followed by 45 minutes of Mat Pilates II-III.

Tae Kwon Do (\$)

Increase energy and gain self-confidence through a practice that improves focus as well as both mental and physical discipline. Classes taught by: **Eternal Source Tae Kwon Do School 707-490-2775 jsekou@sonic.net www.eternalsourcetkd.com**

World Rhythm & Dance

This fun and upbeat dance class incorporates music and moves from all over the world with simple choreography and easy-to-follow routines that provide a good cardio workout while lifting the spirit.

Yoga

Incorporates breath, exercise, and meditation to improve the health and function of both body and mind. Regular daily practice of yoga can produce a clear, bright mind and a strong, capable body.

- **Gentle Vinyasa Flow** – Unblock your energy with gentle Yoga stretching.
- **Vinyasa Flow Yoga** - emphasizes the constant dance of breath linked with movement. Engaged in this moving meditation, practitioners will build strength, increase flexibility, receive a great cardio-respiratory workout, and experience cleansing
- **Restorative Yoga** – Restorative yoga is a supported, conscious body/mind relaxation practice. When supported with props, the body relaxes and opens, releasing tension and stored-up toxins that can cause illness. Restorative poses offer benefits to both the body and mind. It's the perfect way to end a stressful work week.

ZUMBA®

Uses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. This class will make you want to work out, love working out, and get hooked.

(\$) This is a fee based class. See Guest Services for details.

Carol Appel



PILATES PLUS

Pilates changes the way in which we use our bodies. Some of the benefits include increased muscle strength and tone, improved respiratory, lymphatic and circulatory systems, increased joint mobility and reduced stress levels. Build your ability and confidence through instruction, and to be able to work out on your own. Open Studio times available once you have been cleared.

REFORMER-CIRCUIT

Once you are familiar with the Pilates equipment, this stylized Pilates, interval cardio, & fitness conditioning workout uses all the equipment in the Pilates studio. Get it all: cardio, strength, flexibility and coordination.

POWER REFORMER

A focused non-stop, flowing workout on the most well-known apparatus.

GROUP CLASS RATES

SINGLE \$22 -or- 10-PACK \$180 (\$18 per visit)

PILATES 101 - \$144 *NEW* Session Dates 1/30-2/25

This 8 lesson, 4-week, beginner workshop familiarizes you with the basic Pilates routines, gets you comfortable with the equipment, and begins to show you how Pilates uniquely addresses your fitness needs. This class clears you to work out on your own afterward, and/or keep attending group lessons.

PRIVATE INSTRUCTION ALSO AVAILABLE!

Dedicated personal training offers the most in-depth and customized format for learning Pilates, whether it is one on one, or with workout partners. Reserve lessons with your workout buddies and save. Private, Duo, and Trio Instruction available at Professional and Master rates as Single, 5-pack, and 10-pack series.

PILATES INTRODUCTION - \$39

For members and non-members. This sample lesson is the best way to try Pilates. Experience a mini workout, learn what makes Pilates so fantastic, and find out how we can help you reach your goals.

INITIAL EVALUATION & PROGRAM DESIGN - \$65

(Also included as the first lesson of a series)
The first step for a safe, effective program. We take your blood pressure & resting heart rate, get a basic strength & flexibility profile, plus do a sub-maximal cardiovascular response and recovery test, then make recommendations on cardio and strength-training needs. This information helps us set short and long-term goals that fit your needs. After the eval, all Pilates students are introduced to a phase I Pilates program.

PILATES JUMPSTART PACKAGE - ONLY \$330

(Regularly \$390. Save \$60 thru February 2012)
This six (6) lesson private series begins with the Initial Evaluation and Program Design, plus five (5) lessons which introduce you to the basic Pilates routines on the main pieces of equipment. Complete the series and get cleared to work out on your own, or jump into group classes.

OPEN STUDIO

Complimentary with membership. It is a unique benefit offered at PVAC. Completing the Pilates Jumpstart Package allows you to exercise on your own during our open studio times. Once you've been cleared, spend part of your workouts in the studio, practicing the routines, improving your technique, and reaping the Pilates rewards.

FOR MORE INFORMATION

Carol Appel at carolappel@pvac.com