

GROUP FITNESS

For descriptions of our classes, please visit our website at pacific.clinic/group-fitness

Effective 12/1/2024

Morning Classes (Monday-Saturday)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP RIDE 5:15am-6:15am RIDE STUDIO	GROUP POWER 5:15am-6:15am STUDIO 1	GROUP RIDE 5:15am-6:15am RIDE STUDIO	GROUP POWER 5:15am-6:15am STUDIO 1	HIGH FITNESS 5:15am-6:15am STUDIO 1	GROUP RIDE 8:00am-9:00am RIDE STUDIO
HIGH FITNESS 5:15am-6:15am STUDIO 1	STRENGTH & BALANCE 8:00am-9:00am STUDIO 1	GROUP FIGHT 5:15m-6:15am STUDIO 1	STRENGTH & BALANCE 8:00am-9:00am STUDIO 1	GROUP RIDE 5:15am-6:15am RIDE STUDIO	HIGH FIT/ SURGE FIT 8:00am-9:00am STUDIO 1
HIGH LOW 8:00am-9:00am STUDIO 1	GROUP RIDE 9:15am-10:15am RIDE STUDIO	ZUMBA GOLD 8:00am-9:00am STUDIO 1	GROUP RIDE 9:15am-10:15am RIDE STUDIO	INTRO TO YOGA 8:00am-9:30am STUDIO 2	KIDS' KARATE (Adv.) 9:00am-11:00am STUDIO 2
GROUP RIDE 9:15am-10:15am RIDE STUDIO	GROUP CENTERGY 9:15am-10:15am STUDIO 3	GROUP RIDE 9:15am-10:15am RIDE STUDIO	HIGH FITNESS 9:15am-10:15am STUDIO 1	GROUP RIDE 9:15am-10:15am RIDE STUDIO	GROUP POWER 9:15am-10:15am STUDIO 1
BOOTYBARRE 9:15am-10:15am STUDIO 3	GROUP FIGHT 9:15am-10:15am STUDIO 1	UPBEAT BARRE 9:15am-10:15am STUDIO 3	GROUP CENTERGY 9:15am-10:15am STUDIO 3	BOOTYBARRE 9:15am-10:15am STUDIO 3	GROUP CENTERGY 9:15am-10:15am STUDIO 3
GROUP POWER 9:15am-10:15am STUDIO 1		GROUP POWER 9:15am-10:15am STUDIO 1		ZUMBA 9:15am-10:15am STUDIO 1	EXTENDED RIDE 9:15am - 11:15am RIDE STUDIO
YOGA TONE 10:30am-11:30am STUDIO 3		YOGA TONE 10:30am-11:30am STUDIO 3		YOGA FLOW 10:30am-11:30am STUDIO 3	ZUMBA 10:30am-11:30am STUDIO 1

Evening Classes (Monday-Thursday)

* Kid Friendly

GROUP CENTERGY 5:15pm-6:15pm STUDIO 3	SPECIAL NEEDS ZUMBA 4:30pm-5:15pm STUDIO 3	BOOTYBARRE 5:30pm-6:30pm STUDIO 3	ZUMBA* 4:30pm-5:30pm STUDIO 1	*Rotating Saturday Morning Class DECEMBER 12/7 SURGE 12/14 HIGH 12/21 SURGE 12/28 HIGH JANUARY 1/4 SURGE 1/11 HIGH 1/18 LAUNCH 1/25 HIGH FEBRUARY 2/1 SURGE 2/8 HIGH 2/15 SURGE 2/22 HIGH
SURGE FIT 5:40pm-6:40pm STUDIO 1	GROUP POWER 5:40pm-6:40pm STUDIO 1	ZUMBA 5:40pm-6:40pm STUDIO 1	GROUP POWER 5:40pm-6:40pm STUDIO 1	
POWER YOGA 6:30pm-7:30pm STUDIO 2	YOGA 1 (Heated) 6:00pm-7:30pm STUDIO 3	SURGE HYBRID 6:45pm-7:45pm STUDIO 1	YOGA TONE 6:00pm-7:00pm STUDIO 3	
ZUMBA 6:45pm-7:45pm STUDIO 1	HIGH FITNESS 6:45pm-7:45pm STUDIO 2		ADULT KARATE 7:50pm-9:00pm STUDIO 1	
	ADULT KARATE 7:50pm-9:00pm STUDIO 1			

THE PACIFIC CLINIC

GROUP FITNESS LAUNCH

GROUP FIGHT 8:00 A.M. GROUP CENTERGY 9:15 A.M.

January 18

Ages: 14+

New Theme, New soundtrack, New Choreographed Moves
In Studio 1/Ride Studio, **BRING A FRIEND FOR FREE!**

