

GROUP FITNESS

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

Effective 9/1/2023

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	GROUP POWER 9:15am-10:15am STUDIO 1
GROUP RIDE 9:15am-10:15am RIDE STUDIO	GROUP CENTERGY 9:15am-10:15am STUDIO 3	GROUP RIDE 9:15am-10:15am RIDE STUDIO	GROUP FIGHT 9:15am-10:15am STUDIO 1	GROUP RIDE 9:15am-10:15am RIDE STUDIO	GROUP CENTERGY 9:15am-10:15am STUDIO 3
BOOTYBARRE 9:15am-10:15am STUDIO 3	GROUP FIGHT 9:15am-10:15am STUDIO 1	UPBEAT BARRE 9:15am-10:15am STUDIO 3	HIGH LOW 9:15am-10:15am STUDIO 3	BOOTYBARRE 9:15am-10:15am STUDIO 3	ZUMBA 10:30am-11:30am STUDIO 1
GROUP POWER 9:15am-10:15am STUDIO 1		GROUP POWER 9:15am-10:15am STUDIO 1	GROUP CENTERGY 10:30am-11:30am STUDIO 3	ZUMBA 9:15am-10:15am STUDIO 1	BOOTYBARRE 10:30am-11:30am STUDIO 3
YOGA TONE 10:30am-11:30am STUDIO 3		YOGA TONE 10:30am-11:30am STUDIO 3		YOGA FLOW 10:30am-11:30am STUDIO 3	

Evening Classes (Monday-Thursday)

* Kid Friendly

GROUP CENTERGY 5:15pm-6:15pm STUDIO 3	SPECIAL NEEDS ZUMBA 4:30pm-5:15pm STUDIO 3	HIGH FITNESS* 4:30pm-5:30pm STUDIO 1	ZUMBA* 4:30pm-5:30pm STUDIO 1	*Rotating Saturday Morning Class SEPTEMBER 9/2 SURGE 9/9 HIGH 9/16 SURGE 9/23 HIGH 9/30 SURGE OCTOBER 10/7 HIGH 10/14 SURGE 10/21 LAUNCH 10/28 HIGH NOVEMBER 11/4 HIGH 11/11 SURGE 11/18 HIGH 11/25 SURGE
SURGE FIT 5:40pm-6:40pm STUDIO 1	GROUP POWER 5:40pm-6:40pm STUDIO 1	BOOTYBARRE 5:30pm-6:30pm STUDIO 3	GROUP POWER 5:40pm-6:40pm STUDIO 1	
POWER YOGA 6:00pm-7:30pm STUDIO 2	YOGA 1 (Heated) 6:00pm-7:30pm STUDIO 3	ZUMBA 5:40pm-6:40pm STUDIO 1	YOGA TONE 6:00pm-7:30pm STUDIO 3	
ZUMBA 6:45pm-7:45pm STUDIO 1	HIGH FITNESS 6:45pm-7:45pm STUDIO 2	SURGE FIT 6:45pm-7:45pm STUDIO 1	ADULT KARATE 7:50pm-9:00pm STUDIO 1	
	ADULT KARATE 7:50pm-9:00pm STUDIO 1			

THE PACIFIC CLINIC



Halloween Fit Fest Saturday, October 28th

Join us for a spooky Saturday! Featuring Halloween playlists. Dress up is strongly encouraged! All group fitness classes will have prizes for the best costumes!

