

GROUP FITNESS

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

Effective 4/25/2024

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	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	HIGH LOW 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	GROUP CENTERGY 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		ZUMBA 9:15am-10:15am STUDIO 1	
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	BOOTYBARRE 5:30pm-6:30pm STUDIO 3	ZUMBA* 4:30pm-5:30pm STUDIO 1	*Rotating Saturday Morning Class MARCH 3/2 HIGH 3/9 SURGE 3/16 HIGH 3/23 SURGE 3/30 HIGH APRIL 4/6 SURGE 4/13 HIGH 4/20 LAUNCH 4/27 HIGH MAY 5/4 SURGE 5/11 HIGH 5/18 SURGE 5/25 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 6:00pm-7:30pm STUDIO 2	YOGA 1 (Heated) 6:00pm-7:30pm STUDIO 3	SURGE FIT 6:45pm-7:45pm 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		ADULT KARATE 7:50pm-9:00pm STUDIO 1	
	ADULT KARATE 7:50pm-9:00pm STUDIO 1			

THE PACIFIC CLINIC



MOVE | MAX

Our newest Group Training program.
Reach New Heights!

Learn more
and see the
schedule of
classes here!

