

GROUP FITNESS

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

Effective 3/1/2025

Morning Classes (Monday-Saturday)

Fitness Classes are ages 14+

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-10:00am 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	ZUMBA 10:30am-11:30am 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 3/1 SURGE 3/8 HIGH 3/15 SURGE 3/22 HIGH 3/29 SURGE APRIL 4/5 SURGE 4/12 HIGH 4/19 LAUNCH 4/26 HIGH MAY 5/3 SURGE 5/10 HIGH 5/17 SURGE 5/24 HIGH 5/31 SURGE
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

Sat. April 19

bootybarre 9:15 a.m. Studio 3
Zumba 10:30 a.m. Studio 1

New Theme, New Soundtrack, New Choreographed Moves
BRING A FRIEND FOR FREE! RSVP Required- Limited Space!

