

Group Exercise is Back at FIT@PRC!



Starting November 9th Group Exercise Classes will be held at FIT@PRC on *Tuesdays and Thursdays*. Here is the Tue./Thur. Schedule:

11:30am - 12:20pm PRC Pump

One of the best body shaping and strength workouts any group exercise class has to offer. Uses bars and weights with high repetitions to the latest in music to torch your muscles.



11:30am- 12:10pm Cycle

A combination of great sprint drills, endurance training and a great instructor makes this an amazing cardiovascular workout.

12:25pm - 1:10pm Yoga

Stretch and strengthen the entire body while focusing on your breathing and alignment. Yoga is one of our most popular classes, thanks to a terrific team of instructors.



3:30pm - 4:15pm Zumba

A Latin inspired dance-workout party! Exhilarating music and easy to follow choreography makes this a calorie burning blast.

4:45pm - 5:30pm Boot Camp

The class you've been looking for! Strength, Cardio, Core. A 45 min. workout that will challenge you. Are you ready to make a change? This is the place to start!



All Classes will be limited to ten participants with masks required until further notice. To reserve one of the ten spots, go to our website fitprc.com and scroll down to 'Class Sign Up' and click on to view our schedule and to sign up for a class if a space is available.