

Group Exercise Class Descriptions



PAC FIIT is a small group training program that provides fun, camaraderie, and teamwork with new workouts everyday! This supervised training program includes appropriate progressions and regressions for each movement for any level of fitness for our members!



Warrior's Way is a high-intensity training experience designed to test your limits and forge real results. Expect a fusion of strength, endurance, and functional conditioning that are designed to mimic real-world challenges and race-day intensity. Every class is strategically programmed to push you beyond comfort, build athleticism, and sharpen your mind.



Move Better Mobility is a functional movement program designed to improve flexibility, joint health, posture and overall body awareness. Through guided mobility drills, stretching, and controlled corrective movements, this class helps reduce stiffness, prevent injury, and enhance performance for daily activities and other workouts.



LesMills BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.



Dance Fit combines dance with strength movements for a fun, full-body workout. Move to upbeat music while improving cardio, coordination, and endurance, then add strength exercises to build muscle and boost overall fitness. It feels like a dance party while delivering a great workout.



SilverSneakers is a low-impact class designed for older adults who want to stay active while improving strength, balance, mobility, and endurance. The class includes gentle cardio and light strength training with modifications to ensure a safe and supportive workout.



PAC Ride is a high-energy indoor cycling class designed to build endurance, strength, and mental grit. Ride to powerful pop, rock, and Latin beats as you tackle hills, sprints, and rhythm-based intervals.