



P.A.C.E. Classes

July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 am	Gina		Paula		Gina 1st & 3rd PACE 2nd & 4th PE301 Gym 5th Fridays Volleyball
7:00-7:45 am	Anita		Anita		Anita
8:00-8:45 am	Anita		Anita		Paula
9:00-9:45 am	Annie <i>(full)</i>		Annie <i>(full)</i>		Annie <i>(full)</i>
12:00-12:45 pm	Paula		Sandra		Paula
4:15-5:00 pm	Nina		Nina		Sandra
5:15 –6:00 pm	Terry	Justin	Terry	Justin	Terry

*All Pace Classes are suitable during a healthy pregnancy with appropriate modification. Please consult with your instructor.

Class Description & Requirements:

Progressive Aerobic Circuit Exercise is a series of resistance exercises designed to effectively tone and strengthen each major muscle group while providing cardiovascular conditioning. Your instructor varies the workout by duration of time at each station, additional exercises, and cardiovascular exercises.

- ‡ Class sizes are limited so please show-up early.
- ‡ New comers are welcome. Please come early so your instructor can give direction.

Meet our instructors:

Anita Frank

Annie Taylor

Gina VanHeel

Justin Lock

Laurie Roberts

Nina Polk

Terry Flanagan

Paula Gasvoda

Sandra Corbett



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Class Schedule



1800 Benefis Court
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