

PORTSMOUTH ATHLETIC CLUB SCHEDULE

GROUP FITNESS + TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	SPIN CHRISTINE	BODY PUMP KRISTEN	RPM JAY	BODY PUMP NANCY	SPIN+ CHRISTINE
6:00AM		IGNITE JEFF	BOOT CAMP MEG	IGNITE JEFF	
7:00AM	BURN45 MEG				
8:00AM	AMP'D45 MEG			RPM LEE	BOOT CAMP MEG
8:00AM	REB3L GROOVE JESS	CO/MO ASHLEY 8:15AM START	YOGA KATIE 8:15AM START	GLUTE CAMP MEG	
9:00AM	AMP'D MEG 8:45AM START		SPIN TRAPPER		PILATES DEB
9:00AM	RPM LYNN S.	STEP45 ASHLEY	BODY COMBAT JOC + MEG 9:15AM START	BARRE LYNN M.	BODY PUMP LYNN M.
9:00AM	BARRE LYNN M.	BURN45 MEG	HIIT KELLY 9:15AM START	CO/MO MEG	RIDE/ STRENGTH ANGIE
12:15PM			BODY PUMP MEGAN		
4:30PM	BODY COMBAT ELIZ+MEG				YOGA LYNN M.
5:30PM	PILATES DEB	RPM JP		RPM KRISTEN	
5:30PM	BODY PUMP MEGAN	BARRE MACKENZIE	BODY COMBAT ERICA+KRISTEN	REB3L GROOVE JESS	
5:30PM		HIIT KELLY			
5:45PM	AMP'D MEG				

SCHEDULE BEGINS
DEC. 1, 2025

SATURDAY	SUNDAY
8:00AM BODY COMBAT TEAM TEACH	8:45AM RPM TEAM TEACH
8:00AM	9:30AM
HIIT KELLY	YOGA LYNN M.
8:15AM	
RPM ANGELA	
9:15AM	
BODY PUMP LEE	



SPIN ROOM	GROUP EX
TURF AREA	PILATES ROOM

95 BREWERY LANE
PORTSMOUTH, NH
603-431-1430
PACWESTEND.COM

CLUB HOURS:
M-TH 5:30AM-8PM
F 5:30AM-7PM
SAT. 7AM-5PM
SUN 7AM-1PM

GROUP CLASS DESCRIPTIONS

SPIN (45-55 min) an indoor cycling workout led by the instructor's unique style and music, combining varied speed, resistance, and intensity for a dynamic cardio session.

REB3L GROOVE (60 min) A dance class that uses hard hitting, easy to follow, bold choreography set to powerful & inspiring music resulting in a HIIT style empowering dance fitness format. No experience needed.

RPM (45-55 min) an indoor cycling workout that simulates road cycling with hill climbs, sprints, and endurance training to boost cardio fitness.

BARRE (55 min) a low impact workout combining ballet, pilates and high rep strength to improve flexibility, posture and muscle endurance. Don't forget your mat.

BODYCOMBAT (55 min) High-energy, non-contact workout inspired by martial arts. Punch, kick, and strike to powerful music while building fitness, strength and confidence.

PILATES (55 min) a low impact workout focused on core strength, flexibility, and posture through controlled movements and breath-work. Don't forget your mat.

BODYPUMP (55 min) a full body barbell workout that uses high reps and light to moderate weights to build strength and endurance.

STEP45 (45 min) high intensity workout using a step platform for dynamic cardio, strength and agility training to fun upbeat music.

YOGA (60 min) the mind-body practice combining breath, movement and meditation to improve flexibility, strength and relaxation. Don't forget your mat.

SPIN + (45min +15min) everything you love about our spin classes with an optional 15 minute stretch and foam rolling session afterwards. Your body will thank you for staying.

TEAM TRAINING DESCRIPTIONS

INCLUDED IN YOUR MEMBERSHIP AND RUN BY PERSONAL TRAINERS

All team training workouts are total body and a combination of strength and cardio. Each trainer puts their own style into their workouts and is happy to modify the workout to help you find the right level of challenge for you. Workouts located on the turf.

BURN45 (45 min) a fast-paced workout with a mix of strength and cardio. Minimal rest to keep your heart rate up.

AMP'D UP (60 min) learn to lift heavy while working on form and challenging your cardio. Built in core work and a different workout every time.

IGNITE (60min) functional strength training combined with athletic power training and conditioning.

CO/MO (45 min) core and mobility work are the secret sauce to staying strong, stable and moving through life but they are the first things we skip, until now. In 45 minutes you'll unlock your hips, ease your tight back and fire up your core.

HIIT (60 min) high intensity cardio drills mixed with strength intervals using free weights.

BOOTCAMP (60min) a high energy AMRAP style (as many rounds as possible) workout with four rotating stations.

GLUTECAMP (60 min) a lower body focused workout designed to build strength. We keep the same four exercises for the month to track progress.

RIDE/STRENGTH (60min) the ultimate hybrid workout, combining 25 minutes of beat-driven, HIIT and tabata inspired cycling with 35 minutes of strength training. Ride to the rhythm of the music for an intense cardio session, then transition into focused strength sequences to build and define your upper body, lower body and core.

Worried you aren't ready to take a group class or a team training workout? Set up a one-on-one training session with one of our trainers. They can help you reach your goals.