

Pacific Shores Club (PSC)

At the heart of the campus is the [Pacific Shores Club](#), a world-class, fitness club professionally managed by ClubOne®.

- **Let's swim**

Pacific Club has a Junior Olympic outdoor, heated, year-round pool and a heated outdoor spa. How about taking few laps during your lunch break, and if you don't feel comfortable with your swimming skills, lunch break is a wonderful opportunity to take a swim lesson at the PSC.

- **Lose weight or stay in shape**

The facility has a state-of-the-art cardiovascular and strength-training equipment featuring Techno-Gym™, Life Fitness™, Ground Zero™, StarTrac™, Precor™ elliptical trainers, Stairmasters™, and Nordic Track Trekkers™ equipment.

- ✓ Inside the facility you will also find an indoor 25-foot **climbing wall** which offers 11 different routes and an adjacent viewing area.
- ✓ **Group Classes:** take your lunch break to PSC and participate in one of their classes such as Yoga; Pilates; Spinning; Kickboxing and more.
- ✓ **Personal Training:** another way to use your lunch break to sign up for personal training sessions, by Club One's certified trainers, are available on site by appointment.

- **Let's have fun together**

- ✓ **Baseball and Softball**

Pacific Shores features two baseball/softball diamonds that are always prepped and ready for play.

- ✓ **Indoor and Outdoor Volleyball**

The outdoor sand court brings the action and excitement of beach volleyball to the heart of the Peninsula. The club's gymnasium features a regulation indoor volleyball court.

- ✓ **Soccer, Cricket, Football & Ultimate**

The full-size, regulation soccer field is always ready for open or league play.

- ✓ **Indoor and Outdoor Basketball**

Pick-up games are popular on the two, full-size outdoor basketball courts. A full NBA-sized indoor basketball court is the focal point of league play at the Club.

- ✓ **Jogging and Biking**

The 3-mile extension of the Bay Trail are ideal for jogging and biking.

- **Don't forget to pamper yourself**

whether it's the end of the day, your lunch break or the weekend, the Pacific Shores Club has an onsite day spa that offers steam room, massages, and facials by appointment.