

# JANUARY 2024

## PATH Recreation & Fitness Center GROUP FITNESS & YOGA CLASS SCHEDULE

*YOGA classes held in Nancy's Place (next to Kids' Corner)*

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><b>Happy New Year!</b></p> <p><b>GYM HOURS</b> 8a—9p</p> <p>5:30p BOOTCAMP 60 Lindsay</p>	<p>2</p> <p>8:30a TABATA 30 Christine <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p B-BEARD 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>3</p> <p>8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>4</p> <p>8:30a KETTLEBELL STRENGTH 45 <b>NEW</b> Karen <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD &amp; BURN 60 Demetria</p>	<p>5</p> <p>8:30a LIIT CARDIO &amp; CORE 60 <b>NEW</b> Karen</p>	<p>6</p> <p>9a BUILD &amp; BURN 60 Demetria</p>
<p>8</p> <p>6a HIIT 45 Gwen 11a HOMESCHOOL 60</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>9</p> <p>8:30a TABATA 30 Christine <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p TABATA 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>10</p> <p>8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>11</p> <p>8:30a KETTLEBELL STRENGTH 45 <b>NEW</b> Karen <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD &amp; BURN 60 Demetria</p>	<p>12</p> <p>8:30a LIIT CARDIO &amp; CORE 60 <b>NEW</b> Karen</p>	<p>13</p> <p>9a ZUMBA® 60 <b>NEW</b> Cindy</p>
<p>15</p> <p>6a HIIT 45 Gwen</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>16</p> <p>8:30a TABATA 30 Christine <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p B-BEARD 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>17</p> <p>8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>18</p> <p>8:30a KETTLEBELL STRENGTH 45 <b>NEW</b> Karen <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD &amp; BURN 60 Demetria</p>	<p>19</p> <p>8:30a LIIT CARDIO &amp; CORE 60 <b>NEW</b> Karen</p>	<p>20</p> <p>9a POUND® 45 Karen</p>
<p>22</p> <p>6a HIIT 45 Gwen</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>23</p> <p>8:30a TABATA 30 Christine <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p TABATA 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>24</p> <p>8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>25</p> <p>8:30a KETTLEBELL STRENGTH 45 <b>NEW</b> Karen <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD &amp; BURN 60 Demetria</p>	<p>26</p> <p>8:30a LIIT CARDIO &amp; CORE 60 <b>NEW</b> Karen</p>	<p>27</p> <p>9a P90X 60 Christine</p>
<p>29</p> <p>6a HIIT 45 Gwen</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>30</p> <p>8:30a TABATA 30 Christine <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p B-BEARD 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>31</p> <p>8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p><i><b>PRFC will have modified hours on New Year's Day.</b></i></p> <p><i>All yoga classes are 60 minutes in length.</i></p> <p><i>All classes and instructors are subject to change without notice.</i></p> <p><b>Please call our front desk with any questions: 540.825.0000</b></p>		

### **GROUP FITNESS CLASSES (Location: GPX STUDIO)**

**B-Board®:** A high intensity workout incorporating cardio, strength, core engagement, yoga positions, and stretching – all while improving your balance. No experience needed; before class the instructor will introduce the program and the board (similar to an inflated paddleboard). Come B part of the fun; you'll enjoy a great workout!

**Bootcamp:** This one-hour session focuses on total body strength followed by dynamic core and cardio movements for maximum calorie output.

**Build & Burn:** This high energy interval class combines cardio and strength work for a great hour of calorie burning and fitness training. Expect to use different types of equipment – kettlebells, dumbbells, bars and plates – to maximize your training results. Work at your own level.

**HIIT:** This 50 minute full-body workout will make you feel strong and confident. Low impact with weights. No repeat exercises to maximize burning fat and toning lean muscle. 45 minutes of full body strength & toning plus 5 minutes of cool down stretching. Grab your medium dumbbells and work up! Building muscle increases metabolism.

**Kettlebell Strength:** Takes heart pumping music and your favorite kettlebell moves and combines them into calorie torching fun!

**LIIT Cardio & Core:** This low intensity interval training cardio class is designed to increase your heart rate and burn calories while strengthening, stretching and improving joint flexibility in the core and back. All fitness levels and fitness goals welcome.

**P90X®:** A full body workout combining a variety of techniques including strength training, cardio, yoga, plyometrics, and stretching.

**POUND®:** Using weighted drumsticks & moving to the beat, you'll find your inner rockstar! POUND is an effective way of working out with cardio & strength benefit, designed for all fitness levels.

**Tabata:** A 30-minute interval-based full body workout. Weights are optional.

**Zumba®:** This class fuses upbeat rhythms and music with easy-to-follow dance-style moves to create a fun, engaging and dynamic workout.

### **YOGA CLASSES (LOCATION: NANCY'S PLACE)**

**Beginner Yoga:** Build strength, increase flexibility, find focus, & invigorate your body through breath & fundamental poses.

**Vinyasa Yoga:** Develop strength, flexibility & balance while reducing stress in this moderately cardiovascular flow aligned with breath.