

GROUP FITNESS & YOGA CLASS SCHEDULE

FEBRUARY 2024



MON	TUE	WED	THURS	FRI	SAT
			1 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	2 8:30 am LIIT Cardio & Core 60 - Karen	3 9am Build & Burn 60 - Demetria
5 6:30am HIIT 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	6 8:30 am Tabata 30 - Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	7 8:30 am POUND 45 - Karen 5:30 pm P90X 60 - Christine	8 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	9 8:30 am LIIT Cardio & Core 60 - Karen	10 9am HIIT 45 - Gwen
12 6:30am HIIT 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	13 8:30 am Tabata 30 Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm b-Board 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	14 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	15 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	16 8:30 am LIIT Cardio & Core 60 - Karen	17 9am POUND 45 - Karen
19 6:30am HIIT 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	20 8:30 am Tabata 30 Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	21 8:30 am POUND 45 - Karen 5:30 pm P90X 60 - Christine	22 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	23 8:30 am LIIT Cardio & Core 60 - Karen	24 9am Tabata 60 - Christine
26 6:30am HIIT 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	27 8:30 am Tabata 30 Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm Board 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	28 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	29 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria		

- Class duration in minutes after class name
- No Sunday classes
- Yoga classes are one hour & are held in Nancy's place (activity room next to kids corner)
- Classes & instructors are subject to change
- Please call our front desk with any questions: 540-825-0000
- Find your fun, find your fit!

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 cooldown 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 30-60 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.