

# GROUP FITNESS & YOGA CLASS SCHEDULE

# APRIL 2024



MON	TUE	WED	THURS	FRI	SAT
1 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	2 8:00 am Tabata 30 - Merrill 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Annette	3 8:30 am POUND 45 - Karen  5:30 pm Xtreme Hip Hop Step 45- Shaunda	4 6:00am HIIT 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen No 10:30 am Vinyasa Yoga Class 5:30 pm Build & Burn 60 - Demetria	5 8:00 am LIIT Cardio & Core 45- Merrill	6 9:00 am Build & Burn 60- Demetria
8 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	9 8:00 am Tabata 30 - Merrill 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Annette	10 8:30 am POUND 45 - Karen  5:30 pm Kettlebell AMPD 45 - Shaunda	11 6:00am HIIT 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	12 8:00 am LIIT Cardio & Core 45- Merrill	13 9am Xtreme Hip Hop Step 45- Shaunda
15 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	16 8:00 am Tabata 30 - Merrill 10 am Beginner Yoga 60 - Amy B 5:30 pm B-Board 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	17 8:30 am POUND 45 - Karen  5:30 pm Xtreme Hip Hop Step 45- Shaunda	18 6:00am HIIT 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	19 8:00 am LIIT Cardio & Core 45- Merrill	20 9am POUND 60- Karen
22 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	23 8:00 am Tabata 30 - Merrill 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	24 8:30 am POUND 45 - Karen  5:30 pm Kettlebell AMPD 45 - Shaunda	25 6:00am HIIT 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60- Eileen 5:30 pm Build & Burn 60 - Demetria	26 8:00 am LIIT Cardio & Core 45 - Merrill	27 9am Xtreme Hip Hop Step 45- Shaunda
29 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	30 8:00 am Tabata 30 - Merrill 10 am Beginner Yoga 60 - Annette 5:30 pm B-Board 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60- Eileen				

- 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 45-minute 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 & 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 & cardio movements for maximum calorie output.

**Build & Burn:** This 60-minute high energy interval class combines cardio and strength work for a great hour of calorie burning & fitness training. Expect to use different types of equipment – kettlebells, dumbbells, bars & plates – to maximize your training results. Work at your own level.

**HIIT:** This 45-minute high intensity-low impact full body strength focused class is done in 45 second work intervals. Grab your dumbbells & build muscle to increase metabolism!

**Kettlebell AMPD:** This 45-minute class takes heart pumping music and your favorite kettlebell moves & 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 & back. All fitness levels & fitness goals welcome in this 60-minute class.

**POUND®:** Using weighted drumsticks & moving to the beat, you'll find your inner rock star! POUND is an effective way of working out with cardio & strength benefit, designed for all fitness levels. 45 minutes.

**Step & Strength:** This 45-minute step class is fun, energetic and exciting! The workout moves between step choreography & intervals of strength exercises designed to get your heart rate up, boost cardio endurance & increase muscle tone.

**Tabata:** 30 & 45 minute interval-based full body workouts. Weights are optional.

**Xtreme Hip Hop Step:** A new level for traditional step aerobics! Routines are set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn and stronger cardiovascular abilities and relieving stress! 45 minutes; all fitness levels.

## **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.

**Interested in Tae Kwon Do?** Active members of PRFC with Fitness or All Access memberships are able to participate in Taekwondo at no charge. Non-members interested in trying the program may drop in to a class (\$20).