



Group fitness studio
 Aquatic arena
 Zoom class
 Cycling studio
 Rock Steady Boxing group fitness room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am Step & Strength Merrill (PRFC or Zoom)	7:00 am (45m) Cycling (7/9, 7/16) Gwen	9:00 am River Walk Stacey <i>river</i>	8:30 am Kettlebell Strength Karen (PRFC or Zoom)	9:00 am Aqua Bata Bing Sharon <i>inner pool</i>	9:00 am Aqua Bata Bing Sharon <i>inner pool</i>	
9:00 am Retro Aerobics Sharon	8:30 am Deep Water Condition <i>inner pool</i> Stacey	9:00 am Fortify Your Frame Sharon	9:00 am Retro Aerobics Sharon	9:45 am Functional Flow Yoga Annette	10:00 am Practical Pilates Sharon	
9:00 am River Walk Stacey <i>river</i>	9:00 am Golden Grooves Katie	10:00 am Fluid Pilates Sharon <i>inner pool</i>	9:00 am Aqua Volleyball <i>lap lanes</i>	10:00 am Water Gym Sharon <i>inner pool</i>		
10:00 am Fortify Your Frame Sharon	10:00 am Aqua Zumba Stacey <i>inner pool</i>	11:00 am Tranquil Moves Yoga Annette	10:00 am Aqua Zumba Stacey <i>inner pool</i>	11:00 am Arthritis Mobility Essentials Sharon		
11:00 am Seated Yoga Annette	10:00 am Core Focus Katie	12:30 pm Chair One Seated Strength Katie	10:00 am FUNCTIONAL Strength Katie	12:00 pm 3 Mile Walk Sharon	12:00-2:00 pm Family Swim	
12:30 pm Chair One Seated Strength Katie	11:00 am Senior Strength Katie	4:30 pm Zumba® Kelly	11:00 am Senior Strength Katie	1:00 pm Fluid Pilates Sharon <i>inner pool</i>		
4:30 pm Zumba® Kelly	11:00 am Liquid Silver Sharon <i>inner pool</i>	5:30 pm AMRAP HIIT Sharon <i>inner pool</i>	11:00 am Liquid Silver Sharon <i>inner pool</i>	4:00-6:00 pm Family Swim		
5:30 pm Aqua Bata Bing Sharon <i>inner pool</i>	12:00 pm Chair One Fitness Katie	5:30 pm (60m) Cycling Mary Ellen	12:00 pm POUND® Karen			
5:30 pm (60m) Cycling Gwen	1:00 pm Rock Steady Boxing Bobby		1:00 pm Rock Steady Boxing Bobby			
	5:00-7:00 pm Family Swim		4:30 pm POUND® Karen			
	5:30 pm (75m) Gentle Flow Yoga Amy B.		5:00-7:00 pm Family Swim			
			5:30 pm (75m) Gentle Yoga & Meditation Amy B.			
			5:30 pm (60m) Cycling Gwen			

Please note:
No admittance to group exercise classes 5 minutes after class has started.

Center hours:
Mon - Thurs 5:30 am-8:00 pm
Fri 5:30 am-7:00 pm
Sat & Sun 8:00 am-3:00 pm

Online classes: Classes are in person at PRFC.
Zoom link for online participants:
pathrecreationandfitnesscenter.org/free-online-class/

Fitness class descriptions

GROUP FITNESS

3 Mile Walk: Constant movement in this low impact, cardio boosting workout will ensure lots of steps that add up to 3 miles.

Arthritis Mobility Essentials: For anyone with arthritis and all activity levels. Class begins with joint check and warm up, then stretching and range of motion, followed by strengthening, cardiovascular endurance and balance and coordination. Class wraps up with joint check and relaxation and breathing techniques.

Chair One & Seated Strength: A balance of seated aerobics and seated strength training in a 60-minute workout. Standing progressions available to allow participants to challenge themselves as desired. A gentle warm-up will prepare participants to raise their heart rates with intervals of chair based cardio exercises and build total body strength from a seated position. Finish with a relaxing seated stretch. For all fitness levels and abilities.

Chair One Fitness: A super fun 45-minute chair-based dance fitness program with activities of daily living incorporated into cool dance moves. Appropriate for all levels, Chair One keeps people moving, and smiling too!

Core Focus: 30-minute core workout designed to focus on your foundation. Bodyweight movements will create stability from the middle of your body, layering on balance and strength progressions of exercises from beginner to advanced. Participants must be comfortable getting down to the floor.

Cycling: Saddle up for a great workout to increase muscular strength and cardiovascular endurance without heavy impact on the joints. A motivating soundtrack helps you tackle hills, flats, sprints and mountains.

Fortify Your Frame: This is a challenging but safe muscle conditioning workout. Designed for all ages and fitness levels to build strength in support of injury resistance and overall functionality. The workout targets every major muscle group with a progressive approach to utilizing the powerful force of gravity.

Functional Flow Yoga (prev. Yoga 1): Increase balance, flexibility and nervous system resilience in this more challenging class. Functional postures flow with movement & breath, followed by deep rest. Previous yoga experience preferred.

FUNctional Strength: A dynamic and challenging strength workout focusing on movements that support activities of daily living, balance & coordination. Participants will explore modalities and equipment such as kettlebell, TRX, resistance bands & dumbbells.

Gentle Flow: Increase muscular strength, endurance, and overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar, and YogaFit postures. Gentle Flow refines the basics learned in Beginners' Yoga.

Gentle Yoga and Meditation: Classes combine gentle postures with easy movement, breathwork and guided meditation. Blanket or covering recommended for comfort.

Golden Grooves: This class is perfect for active older adults who love music and dancing but prefer lower-intensity moves. Easy to follow choreography will focus on balance, range of motion, coordination and fun. Spontaneous singing and woohoo-ing welcome!

Kettlebell Strength: Takes heart pumping music and your favorite kettlebell moves and combines them into calorie torching fun! (Class is held in person at PRFC & available on Zoom.)

POUND®: This class uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND is an effective way of working out with strength and cardio benefits. POUND is designed for all fitness levels.

Practical Pilates: This class on the mat incorporates movement with guided breathing and proper alignment to develop strength and endurance. Participants should be comfortable on the floor.

Retro Aerobics: Low impact cardio, core and strength exercises, plus a good stretch all with fun music and camaraderie!

Rock Steady Boxing: Rock Steady Boxing is a non-contact boxing based fitness curriculum designed to improve the quality of life for people with Parkinson's disease. Fee based.

Seated Yoga: Practice mindful movement combined with the breath to improve flexibility, focus, balance & nervous system resilience all while seated in a chair. Open to all levels seeking a gentle and relaxing experience

Senior Strength: This class includes exercises to improve muscular strength and ward off age-related muscle loss as well as keep bones strong, improve mobility, prevent falls, and combat depression. Seated and standing exercises included. Open to all levels. Modifications offered.

Step & Strength: 45-minute step class that combines step choreography & intervals of strength exercises. Get your heart rate up, boost cardio endurance & increase muscle tone. (Class is held in person at PRFC & available on Zoom.)

Tranquil Moves Yoga (prev. Beginners' Yoga): Connect mindful movement and breath to support your journey to wellness and nervous system resilience. Perfect for all levels and can be done in a chair or on a mat.

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

AQUATICS

AMRAP HIIT: This fun and intense HIIT class will challenge you to do one rep more each round!

Aqua Bata Bing: Is a shallow water TABATA workout in the river! This high energy HIIT program is six rounds of FUN! The intense workout is perfect for all fitness levels. Water shoes are suggested and webbed gloves would enhance your workout, but are not required.

Aqua Zumba: All the great feel good music and dance from land Zumba, but using the water for a lower impact on the body. Come join our pool party!

Deep Water Condition: Grab an Aqua belt and plunge into the deep water. Provides a targeted workout using the large muscle groups and core used in swimming for an all over workout. No swimming experience required.

Family Swim: PWC offers a safe and enjoyable swimming environment for families to gather for swimming.

Fluid Pilates: This aquatic workout features standing Pilates choreography that includes both isolated and sequenced movements which engage the POWERHOUSE through rhythmic arm and leg patterning in the river.

Liquid Silver: This class in the river will cover functional fitness with cardio, strength, balance and stretching! No equipment needed. This class moves to your beat!

River Walk: This is not your Sunday stroll! Enjoy a constant moving low impact walk in the river, using the water and movement to give a great 2-mile workout. Water shoes are recommended.

Volleyball: Playing in the water makes the game gentle on your joints; come have some fun!

Water Gym: A gym-style circuit workout in the river working your upper body, lower body and core. Total body training in one workout -- take the plunge into Water Gym!