

GROUP FITNESS & YOGA CLASS SCHEDULE

SEPTEMBER 2024



MON	TUE	WED	THURS	FRI	SAT
2 8:00am Step & Strength 45- Merrill LABOR DAY Facility closes at 1 pm	3 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	4 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	5 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	6 8:00 am LIIT Cardio & Core 45- Merrill	7 9:00 am Build & Burn 60- Demetria
9 7:00am Full Body Strength 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	10 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm LIIT Cardio & Core 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	11 8:30 am POUND 45 - Karen 5:30 pm Xtreme Hip Hop Step 45- Shaunda	12 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Aerobics 60 - Shaunda Pop Up!	13 8:00 am LIIT Cardio & Core 45- Merrill	14 9 am POUND 60 - Karen
16 7:00am Full Body Strength 45 - No Class 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	17 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	18 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	19 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga- Eileen 5:30 pm Build & Burn 60 - Demetria	20 8:00 am LIIT Cardio & Core 45- Merrill	21 No Class
23 7:00am Full Body Strength 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	24 8:00 am - Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm LIIT Cardio & Core 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	25 8:30 am POUND 45 - Karen 5:30 pm Xtreme Hip Hop Step 45- Shaunda	26 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	27 8:00 am LIIT Cardio & Core 45 - Merrill	28 9am Xtreme Hip Hop Step 45- Shaunda
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- Class duration in minutes after class name
- No Sunday classes
- Yoga classes are one hour & are held in Nancy's place (the 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)

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.

Full Body Strength: This 45-60 minute low impact full body strength focused class is done in 45 second work intervals. Grab your dumbbells & build muscle to increase metabolism!

Kettlebell Strength: 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)

Tranquil Moves Yoga (prev. Beginner 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 the mat. 60 minutes.

Vinyasa Yoga: Develop strength, flexibility & balance while reducing stress in this moderately cardiovascular flow aligned with breath. 60 minutes.

Interested in Taekwondo? 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).