


# GROUP FITNESS & YOGA CLASS SCHEDULE

# NOVEMBER 2024



MON	TUE	WED	THURS	FRI	SAT
				1 8:00 am LIIT Cardio & Core 45- Merrill	2 9:00 am Build & Burn 60- Demetria
4 7:00am Full Body Strength 45 - Gwen  4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	5 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette  5:30 pm LIIT Cardio & Core 45 - Demetria	6 8:30 am POUND 45 - Karen  5:30 pm Xtreme Hip Hop Step 45-Shaunda	7 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen <small>no class</small> 5:30 pm Build & Burn 60 - Demetria	8 8:00 am LIIT Cardio & Core 45- Merrill	9 No Class
11 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	12 8:00am Full Body Strength 45 - Gwen 10 am Tranquil Moves Yoga 60 - Annette  5:30 pm Tabata 45 - Demetria	13 8:30 am POUND 45 - Karen  5:30 pm Kettlebell AMPD 45 - Shaunda	14 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	15 8:00 am LIIT Cardio & Core 45- Merrill	16 9:00am Full Body Strength 55 - Gwen
18 7:00am Full Body Strength 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Demetria	19 8:00 am - Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette  5:30 pm LIIT Cardio & Core 45 - Demetria	20 8:30 am POUND 45 - Karen  5:30 pm Xtreme Hip Hop Step 45-Shaunda	21 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen PRFC & PWC close at 5pm for a special event.	22 8:00 am LIIT Cardio & Core 45 - Merrill	23 9:00am Lift & HIIT 60- Francesca  <b>POP UP!</b>
25 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	26 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette  5:30 pm LIIT Cardio & Core 45 - Demetria	27 8:30 am POUND 45 - Karen  5:30 pm Kettlebell AMPD 45 - Shaunda	28  <b>CLOSED</b>	29 8:00 am LIIT Cardio & Core 45 - Merrill  regular hours	30 No Class

- 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 AMPD & Kettlebell Strength:** These 45-minute classes take heart pumping music and your favorite kettlebell moves & combine 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).