



Class schedule December 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am (45m) Cycling Amy W.	7:00 am (45m) Cycling Amy W.	8:00 am Deep Water Blast Amy W. <i>inner pool</i>	8:00 am Aqua Step Amy W. <i>lap lanes</i>	9:00 am Aqua Bata Bing Sharon <i>inner pool</i>	10:00 am Yoga/Pilates Core Fusion - Amy 12/7, 12/14, 12/21
8:00 am Step & Strength Merrill (PRFC or Zoom)	8:00 am Aqua Step Amy W. <i>lap lanes</i>	9:00 am Aqua Blaze Amy W. <i>river</i>	8:30 am Kettlebell Strength Karen (PRFC or Zoom)	9:00 am (60m) Cycling Amy W.	
9:00 am Retro Aerobics Sharon	9:00 am FUNctional Strength Katie	9:00 am Fortify Your Frame Sharon	9:00 am Aqua Volleyball <i>lap lanes</i>	9:45 am Functional Flow Yoga Annette	
9:00 am Aqua Blaze Amy W. <i>river</i>	9:00 am Aqua Boot Camp Amy W. <i>river</i>	10:00 am Fluid Pilates Sharon <i>inner pool</i>	10:00 am FUNctional Strength Katie	10:00 am Water Gym Sharon <i>inner pool</i>	SUNDAY
10:00 am Fortify Your Frame Sharon	9:00 am Aqua Volleyball <i>lap lanes</i>	10:00 am (60m) Cycling Amy W.	11:00 am Senior Strength Katie	11:00 am Arthritis Mobility Essentials Sharon	12:00-2:00 pm Family Swim
10:00 am River Motion Amy W. <i>river</i>	10:00 am Core Focus Katie	11:00 am Tranquil Moves Yoga Annette	11:00 am Liquid Silver Sharon <i>inner pool</i>	12:00 pm 3 Mile Walk Sharon	
11:00 am Seated Yoga Annette	11:00 am Senior Strength Katie	12:10 pm Chair One Seated Strength Katie	12:00 pm POUND® Karen	1:00 pm Fluid Pilates Sharon <i>inner pool</i>	
11:00 am Flex & Flow Amy W. <i>inner pool</i>	11:00 am Liquid Silver Sharon <i>inner pool</i>	1:00 pm Rock Steady Boxing Bobby	1:00 pm Rock Steady Boxing Bobby	4:00-6:00 pm Family Swim	
12:10 pm Chair One Seated Strength Katie	1:00 pm Rock Steady Boxing Bobby	4:30 pm Zumba® Kelly	5:00-7:00 pm Family Swim		
1:00 pm Rock Steady Boxing Bobby	4:00 pm POUND® Karen	5:30 pm (60m) Cycling Mary Ellen	5:30 pm (75m) Gentle Yoga & Meditation Amy B.		
4:30 pm Zumba® Kelly	5:00-7:00 pm Family Swim				
5:30 pm (60m) Cycling Gwen	5:30 pm (75m) Gentle Flow Yoga Amy B.				

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

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

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 45-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.

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.

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.

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 sitting 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 exercise 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.)

Tai Chi: Free trial classes & an 8-week session are offered regularly. Details: powellwellnesscenter.org/tai-chi-programs

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.

Yoga/Pilates Core Fusion: This class combines yoga poses and mindfulness with Pilates core focused mat work to help find union of mind, strong body and calm breath.

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 HITT 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 Blaze: A grab bag of interval training and Tabata workouts in the river with surprise suspended moves tossed in, making your body a calorie burning machine after class.

Aqua Bootcamp: High intensity water fitness with travel combinations interspersed with stationary exercises. Incorporating pyramid and interval training, power drills, speed bursts and kickboxing drills. Requires no coordination but lots of stamina.

Deep Water Blast: Grab an aqua belt and plunge into the deep water. This class provides an intense, impact free workout targeting large muscle groups while improving core, strength and stability.

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

Flex & Flow: A slow paced class focusing on exercises to increase flexibility, improve balance and decrease joint pain. Held in the middle, shallow section of the aquatic area. Pool noodles are encouraged for stability and support.

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 Motion: Focusing on balance, strength & flexibility, participants use a wide variety of movements & exercises while traveling around the river. For beginner & intermediate fitness levels.

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!