



PATH Recreation & Fitness Center
CULPEPER WELLNESS FOUNDATION

MAY 2022

GROUP FITNESS STUDIO SCHEDULE

All classes are 30 minutes in length unless otherwise indicated. All cycle class durations are indicated in the class listing.

All classes and instructors are subject to change without notice.

Mon	Tue	Wed	Thu	Fri	Sat
<p>2 8a CYCLE 45 Amy NEW CLASS! 9a STEP CORE & MORE Tracie</p> <p>12:15p LUNCHTIME LIIT Katie</p> <p>5p STRONG 30 Heather 5:45p AMP'D KETTLEBELL Heather</p>	<p>3 8:30a TABATA Christine 9a CORE+ Katie</p> <p>4:30p CYCLE 30 Tracie 5:15p BUILD & BURN 45 Tracie 6p ROLL & RECOVER Tracie</p>	<p>4 NEW TIME! 9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 AMY</p> <p>NEW TIME! 5:30p CYCLE 60 Mary Ellen</p>	<p>5 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Christine 5:45p RISE UP Christine</p>	<p>6 8:30a AMPD Strength CXD TODAY</p> <p>9a CYCLE 60 Tracie</p>	<p>7 9a P90X Christine</p>
<p>9 8a CYCLE 45 Amy 9a STEP CORE & MORE CXD TODAY</p> <p>12:15p LUNCHTIME LIIT Katie</p> <p>5p STRONG 30 Heather 5:45p AMP'D KETTLEBELL Heather</p>	<p>10 8:30a TABATA Christine 9a CORE+ Katie</p> <p>4:30p CYCLE 30 Christine 5:15p BUILD & BURN 45 Christine 6p ROLL & RECOVER Christine</p>	<p>11 9a STEP CORE & MORE CXD TODAY</p> <p>10:15a CYCLE 45 AMY</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>12 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Demetria 5:45p RISE UP Christine</p>	<p>13 8:30a AMPD STRENGTH Heather 9a CYCLE 60 Heather</p>	<p>14 9a CYCLE 60 Heather</p>
<p>16 8a CYCLE 45 AMY 9a STEP CORE & MORE Tracie</p> <p>12:15p LUNCHTIME LIIT Katie</p> <p>5p STRONG 30 Heather 5:45p AMP'D KETTLEBELL Heather</p>	<p>17 8:30a TABATA Christine 9a CORE+ Katie</p> <p>4:30p CYCLE 30 Tracie 5:15p BUILD & BURN 45 Tracie 6p ROLL & RECOVER Tracie</p>	<p>18 9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 AMY</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>19 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Christine 5:45p RISE UP Christine</p>	<p>20 8:30a AMPD STRENGTH Heather 9a CYCLE 60 Heather</p>	<p>21 9a BBoard Demetria</p>
<p>23 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>12:15p LUNCHTIME LIIT Katie</p> <p>5p STRONG 30 Heather 5:45p AMP'D KETTLEBELL Heather</p>	<p>24 8:30a TABATA Christine 9a CORE+ Katie</p> <p>5p B-BOARD Demetria 5:45p RISE UP Christine</p>	<p>25 9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>26 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>4:30p CYCLE 30 Tracie 5:15p BUILD & BURN 45 Tracie 6p ROLL & RECOVER Tracie</p>	<p>27 8:30a AMPD STRENGTH Heather 9a CYCLE 60 Heather</p>	<p>28 9a CYCLE 60 Heather</p>
<p>30</p> <p>memorial DAY</p> <p>GYM HOURS 5a—12p NO CLASSES</p>	<p>31 8:30a TABATA Christine 9a CORE+ Katie</p> <p>4:30p CYCLE 30 Tracie 5:30 CYCLE BOOTCAMP 60+ Tracie 6:30p Roll & Recover Tracie</p>	<p>JUNE 1st 9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>CYCLE BOOTCAMP - TUESDAY MAY 31st!</p> <p>Cardio Intervals on the bike Strength Intervals off the bike 60 minute full body workout Followed by Roll & Recover!</p> <p>30 minutes of stretching, foam rolling and self massage promoting better, faster recovery & preventing fatigue and overuse injuries.</p> <p>Sign up at the front desk to book your bike!</p> 		

Fitness Class Descriptions

AMPD Kettlebell: Combine heart pumping music and kettlebell moves for calorie torching fun!

AMPD Strength: Fun, heart pumping workout with upbeat music integrates kettlebells, weights and resistance bands to engage the entire body and burn calories. Combines benefits of strength training, functional movements and cardiovascular exercise.

B-Board®: A high intensity workout on the innovative B-Board incorporates cardio, strength, core engagement, yoga positions, and stretching – all while improving your balance. No experience is needed; before the class the trainer will introduce the program and the board (which is similar to an inflated paddleboard). Come B part of the fun; you'll enjoy a great workout!

Build & Burn: This high energy interval class combines cardio and strength work for a great hour of calorie burning and fitness training. Expect to use different types of equipment – kettlebells, dumbbells, bars and plates and a bench to maximize your training results. Top off the hour with 15 minutes of foam rolling, stretching and recovery! All fitness levels.

Core+: A 30 minute core workout designed to focus on your foundation – your core! Core+ will create stability, then layer in mobility, strength and power. This class incorporates strength and cardio elements for a well-rounded workout.

Cycle: 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.

Intro to Cycle: This class is for anyone new to indoor cycling! Learn how to set up a bike for your comfort and how to adjust it for a great ride.

LIIT Cardio: This low intensity interval training cardio class is designed to increase your heart rate and burn calories.

Lunchtime LIIT: This low intensity interval training cardio class is designed to increase your heart rate and burn calories.

P90X®: A full body workout combining a variety of techniques including strength training, cardio, yoga, plyometrics, and stretching.

Rise Up: Musically driven and high intensity fitness class using a step to ramp up calorie burn while working the entire body. Designed for all fitness levels.

Roll & Recover: Recover stronger by focusing on self massage, controlled breathing techniques, mobility & flexibility. Experience functional stretching to improve flexibility and reduce injury, while experiencing balance, stress relief and relaxation.

Step, Core & More: Step is a great all-around exercise that can be modified to create an intense workout for all levels, whether you have just begun to exercise or have been training for years. Abdominal work in this class takes Step to the next level!

Strong: combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. You'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Every move is driven by the music, helping you make it to that last rep!

Tabata: A 30 minute interval-based full body workout. Weights are optional.

Zone In: Join us for a fun & innovative workout using MyZone technology - a wearable heart rate monitor (provided). Experience inclusive group fitness, track your progress, earn badges, participate in challenges - all through a free downloaded app on your phone! This youth specific class will let you connect with friends and make new ones in the app and motivate each other! It's a level playing field for all, making fitness and movement fun! This 30 minute tabata & pyramid style class will include a warm up, working phase and a cool down and stretch.