



PATH Recreation & Fitness Center
CULPEPER WELLNESS FOUNDATION

****REVISED** MAY 2022 **REVISED****
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>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</p> <p>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>CHECK THIS OUT!!</p> <p>UPDATED ADDITION!</p> <p>5:15p P90X</p> <p>Christine</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</p> <p>5a - 12p</p> <p>NO CLASSES</p>	<p>31 8:30a TABATA Christine 9a CORE+ Katie</p> <p>5:30 CYCLE BOOTCAMP 60* Tracie</p> <p>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>Roll & Recover is 30 minutes of stretching, foam rolling and self massage promoting better, faster recovery & preventing fatigue and overuse injuries.</p> 		