



PATH Recreation & Fitness Center
CULPEPER WELLNESS FOUNDATION

JUNE 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 |
|--|--|--|--|--|---------------------------------------|
| DISCOVERY DAYS ARE HERE! | | | | | |
| <ul style="list-style-type: none"> ◆ Do you love to workout? ◆ Do you enjoy working out with friends? ◆ Do you have a passion for fitness? ◆ Are you a natural born teacher/leader? <p style="text-align: center; color: red;">If the answer is YES to any or all of those questions, we would LOVE to talk to you about becoming a group fitness instructor!</p> <p style="text-align: center; color: red;">The first step is easy!</p> <p>Join a Discovery Day session and learn exactly what it's all about, the steps you'll need to take and how soon you could be leading your own class! Discovery Days are open to males & females of all ages - EVERY BODY can be an instructor.</p> <p>DISCOVERY DAYS are COMPLETELY FREE to ALL!</p> | | | | | |
| <p>6 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p CYCLE 30 Tracie 545p KETTLEBELL 45 Tracie 630p ROLL & RECOVER 30 Tracie</p> | <p>7 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p P90X (60 min) Christine</p> | <p>1 7a CYCLE 45 AMY</p> <p>9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p> | <p>2 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Christine 5:45p RISE UP Christine</p> | <p>3 8:30a AMPD STRENGTH Heather</p> <p>9a CYCLE 60 Heather</p> | <p>4 9a B-BOARD Demetria</p> |
| <p>13 8a CYCLE 45 AMY 9a STEP CORE & MORE Tracie</p> <p style="text-align: center; color: blue;"><i>No Classes Tonight</i></p> | <p>14 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p SPIN & STRENGTH (60 min) Heather</p> | <p>8 7a CYCLE 45 AMY</p> <p>9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p> | <p>9 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Demetria</p> <p>5:45p RISE UP Christine</p> | <p>10 8:30a AMPD STRENGTH Heather 9a CYCLE 60 Heather</p> | <p>11 9a CYCLE 60 Heather</p> |
| <p>20 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p style="color: blue;">DISCOVERY DAY! <i>General GPX & CYCLE 5p - 7p</i></p> <p style="color: blue;">5p CYCLE30 545p KETTLEBELL30 Tracie</p> | <p>21 8:30a TABATA Christine 9a CORE+ Brandi</p> <p style="color: blue;">DISCOVERY DAY! <i>10a - 1130a CYCLE</i></p> <p>5:30p P90X (60 min) Christine</p> | <p>15 7a CYCLE 45 AMY</p> <p>9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 AMY</p> <p style="color: blue;">DISCOVERY DAY <i>9a - 11a General GPX</i></p> <p>5:30p CYCLE 60 Mary Ellen</p> | <p>16 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Christine 5:45p RISE UP Christine</p> | <p>17 8:30a AMPD STRENGTH Heather 9a CYCLE 60 Heather</p> | <p>18 9a P90X Christine</p> |
| <p>27 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>5p CYCLE 30 Tracie 545p KETTLEBELL 45 Tracie 630p ROLL & RECOVER 30 Tracie</p> | <p>28 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p SPIN & STRENGTH (60 min) Heather</p> | <p>22 7a CYCLE 45 AMY</p> <p>9a STEP CORE & MORE Tracie</p> <p>10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p> | <p>23 8:30a LIIT CARDIO Christine 9a CORE+ Katie</p> <p>5p B-BOARD Demetria</p> <p>5:45p RISE UP Christine</p> | <p style="color: blue;">DISCOVERY DAY DETAILS! <i>Discovery days are events to help you learn more about becoming an instructor and/or trainer. All discovery day sessions include</i></p> <ul style="list-style-type: none"> - Class in the specific discipline - After class discussion including: "How did we get here?" <p style="color: blue;"><i>How do you design a class? Requirements and cost of next step What happens after my training?</i></p> <p style="color: red;">Stop by the Front Desk or email: tmasey@culpeperwellness.org Pre-Registration is required</p> | |