

# PATH Recreation & Fitness Center Functional Fitness Schedule August 2022

**HOURS:** Monday – Thursday, 5:00 am – 9:00 pm; Friday, 5:00 am – 8:00 pm; Saturday, 8:00 am – noon; closed Sunday (members are welcome to enjoy PWC)

- There is no admittance to group exercise class 5 minutes after the class has started.
- During inclement weather, classes are subject to change due to instructor availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am <b>SGT</b> Marcus	5:00am <b>SGPT</b> Marcus	5:30am <b>SGT</b> Marcus	5:00am <b>SGPT</b> Marcus	5:30am <b>SGT</b> Marcus	
5:00pm <b>SGT</b> Christine	9:00am <b>SGPT</b> Marcus	5:00pm <b>SGT</b> Christine	9:00am <b>SGPT</b> Marcus	9:00am <b>SGT</b> Marcus	
5:30pm <b>SGT</b> Marcus	5:15pm <b>Youth Sports Performance</b> Marcus	5:30pm <b>SGT</b> Marcus	5:15pm <b>Youth Sports Performance</b> Marcus		

## Class Descriptions

**SGPT:** High intensity, high energy and high calorie burn sessions that improve endurance, strength, cardio fitness and flexibility. Smaller session. Requires purchase of personal training package.

**SGT:** High intensity, high energy and high calorie burn sessions that improve endurance, strength, cardio fitness and flexibility. Larger group session.

**Youth Sports Performance:** Athletic performance for ages 10-18 focuses on developing sport specific power through weight training and lateral mobility, quickness, speed and endurance conditioning.

### Functional Fitness Training:

\$10/session for Youth Sport Performance, SGPT & SGT

-or- UNLIMITED monthly  
\$50/members  
\$100/non-members

### KEY:

 Fee-based class