

PATH Recreation & Fitness Center Functional Fitness Schedule October 2022

HOURS: Monday – Thursday, 5:00 am – 9:00 pm; Friday, 5:00 am – 8:00 pm; Saturday - Sunday, 8:00 am – 2:00 pm

- 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 SGT Marcus	5:00am SGPT Marcus	5:30am SGT Marcus	5:00am SGPT Marcus	5:30am SGT Marcus	
5:00pm SGT Christine	9:00am SGPT Marcus	5:00pm SGT Christine	9:00am SGPT Marcus	9:00am SGT Marcus	SUNDAY
5:30pm SGT Marcus	5:15pm Youth Sports Performance Marcus	5:30pm SGT Marcus	5:15pm Youth Sports Performance 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