



PATH Recreation & Fitness Center
CULPEPER WELLNESS FOUNDATION

NOVEMBER 2022

PATH Recreation & Fitness Center

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>ALL CYCLE CLASSES are listed in BLUE!</p>  <p>Cycling improves cardio, strength AND mobility! Saddle up!</p> <p><i>Clip in and rock out!</i></p>	<p>1 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p BUILD & BURN Demetria</p>	<p>2 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>3 8:30a LIIT CARDIO Christine 9a CORE+ Brandi 9:45a CYCLE 30 Tracie</p> <p>5p CORE DE FORCE Christine 5:45p RISE UP Christine</p>	<p>4 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>5 9a Spin & Strength (60 min) Heather</p>
<p>7 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>4:45p CYCLE 30 Tracie 5:30p BAR & BALANCE 60 Tracie</p>	<p>8 8:30a TABATA Christine 9a CORE+ Christine</p> <p>5:30p P90X (60 min) Christine</p>	<p>9 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>10 8:30a LIIT CARDIO Christine 9a CORE+ Tracie 9:45a CYCLE 30 Tracie</p> <p>5p BBoard Demetria 5:45p RISE UP Christine</p>	<p>11 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>12 9a P90X (60 min) Christine</p>
<p>14 8a CYCLE 45 Amy 9a STEP CORE & MORE Tracie</p> <p>4:45p CYCLE 30 Tracie 5:30p BAR & BALANCE 60 Tracie</p>	<p>15 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p BUILD & BURN Demetria</p>	<p>16 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>17 8:30a LIIT CARDIO Christine 9a CORE+ Brandi 9:45a CYCLE 30 Tracie</p> <p>5p CORE DE FORCE Christine 5:45p RISE UP Christine</p>	<p>18 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>19 9a Cycle30 Brandi 930a CORE+ Brandi</p>
<p>21 8a CYCLE 45 Amy 9a STEP CORE & MORE <i>**Interval Training**</i> Brandi</p> <p>4:45p CYCLE 30 Heather 5:30p BAR & BALANCE 60 Demetria</p>	<p>22 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p P90X (60 min) Christine</p>	<p>23 <i>Thanksgiving Eve</i> <i>No Classes</i></p>	<p>24 <i>Closed Today</i></p> 	<p>25 <i>No Classes Today</i></p>	<p>26 <i>No Classes Today</i></p>
<p>28 8a CYCLE 45 Amy <i>9a STEP CORE & MORE</i> <i>No Class Today!</i> <i>Do your Pushups!</i> <i>I'll see you Wednesday!</i></p> <p>4:45p CYCLE 30 Heather 5:30p BAR & BALANCE 60 Demetria</p>	<p>29 8:30a TABATA Christine 9a CORE+ Brandi</p> <p>5:30p BUILD & BURN Demetria</p>	<p>30 9a STEP CORE & MORE Tracie 10:15a CYCLE 45 Amy</p> <p>5:30p CYCLE 60 Mary Ellen</p>	<p>December 1st 8:30a LIIT CARDIO Christine 9a CORE+ Brandi 9:45a CYCLE 30 Tracie</p> <p>5p CORE DE FORCE Christine 5:45p RISE UP Christine</p>	<p>2 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>3 9a BUILD & BURN Demetria</p>



ALL GROUP FITNESS CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP!
TAKE ADVANTAGE OF TRAINING IN A GROUP SETTING WITH YOUR FRIENDS FOR FREE!
FIND YOUR FUN WHILE YOU FIND YOUR FIT!

Fitness Class Descriptions

AMPD Burn: High intensity class using intervals of cardio and strength, followed by cool down and stretching using the foam roller.

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!

Bar & Balance: This 60 minute class will teach you to use a barbell and plates otherwise known as free weights; especially effective tools for engaging your whole body, improving balance and coordination while increasing functional strength. Functional training combined with stability, mobility and recovery work. Equipment used: barbell, weight plates, clips, bench, risers and mat. Dumbbells can be substituted for many exercises. All Fitness Levels welcome.

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 – to maximize your training results. Work at your own level.

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.

Core de Force: A mixed martial arts-inspired workout designed to slash inches off your waist and carve total body definition!

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.

Kettlebell 45: Combines functional, compound exercises that will work multiple muscle groups while improving your posture! All Fitness Levels welcome.

LIIT Cardio: 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.

Spin & Strength: Cardio, strength and mobility training in 60 minutes! Join us for intervals of spin (stationary bike) and strength. Participants will use bodyweight, dumbbells, kettlebells and other equipment in this fun full body workout!

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!

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