



MAY 2023

PATH Recreation & Fitness Center GROUP FITNESS & YOGA CLASS SCHEDULE

YOGA classes held in Nancy's Place (next to Kids' Corner)

Mon	Tue	Wed	Thu	Fri	Sat
<p>1 8a CYCLE 45 Amy 9a FULL BODY SCULPT (60 mins) NEW Brandi</p> <p>4p TAE KWON DO 60 5:30p BUILD & BURN 60 Demetria</p>	<p>2 8a TABATA 60 NEW TIME Christine 10a BEGINNER YOGA Annette</p> <p>5:30p P90X 60 Christine 5:30p VINYASA YOGA Eileen</p>	<p>3 8:30a POUND 60 Karen 10:15a CYCLE 30 AMY</p> <p>5:30p CYCLE 60 Mary Ellen 5:30p SLOW FLOW YOGA Rebecca</p>	<p>4 8:30a COUNTRY HEAT Christine 9a CORE+ Brandi 10:30a VINYASA YOGA Eileen</p> <p>5:30p GENTLE YOGA Annette 5:45p RISE UP Christine</p>	<p>5 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>6 9a BUILD & BURN 60 Demetria</p>
<p>8 8a CYCLE 45 Amy 9a FULL BODY SCULPT (60 mins) Brandi</p> <p>4p TAE KWON DO 60 5:30p BUILD & BURN 60 Christine</p>	<p>9 8a TABATA 60 Christine 10a BEGINNER YOGA Annette</p> <p>5:30p P90X 60 Christine 5:30p VINYASA YOGA Eileen</p>	<p>10 8:30a POUND 60 Karen 10:15a CYCLE 30 AMY</p> <p>5:30p CYCLE 60 Mary Ellen 5:30p SLOW FLOW YOGA Rebecca</p>	<p>11 8:30a LIIT CARDIO Christine 9a CORE+ Brandi 10:30a VINYASA YOGA Eileen</p> <p>5p B-BOARD Christine 5:30p GENTLE YOGA Eileen 5:45p RISE UP Christine</p>	<p>12 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>13 9a CYCLE 60 Heather</p>
<p>15 8a CYCLE 45 Amy 9a FULL BODY SCULPT (60 mins) Brandi</p> <p>4p TAE KWON DO 60 5:30p BUILD & BURN 60 Demetria</p>	<p>16 8a TABATA 60 Brandi 10a BEGINNER YOGA Annette</p> <p>5:30p P90X 60 Demetria 5:30p VINYASA YOGA Eileen</p>	<p>17 8:30a POUND 60 Karen 10:15a CYCLE 30 AMY</p> <p>5:30p CYCLE 60 Mary Ellen 5:30p SLOW FLOW YOGA Rebecca</p>	<p>18 8:30a LIIT CARDIO Brandi 9a CORE+ Brandi 10:30a VINYASA YOGA Eileen</p> <p>5:30p GENTLE YOGA Eileen 5:30p TABATA Demetria</p>	<p>19 8:30a AMPD Heather 9a CYCLE 60 Heather</p>	<p>20 9a POUND 60 Karen</p>
<p>22 9a FULL BODY SCULPT (60 mins) Brandi</p> <p>4p TAE KWON DO 60 5:30p BUILD & BURN 60 Demetria</p>	<p>23 8a TABATA 60 Christine 10a BEGINNER YOGA Annette</p> <p>5:30p P90X 60 Christine 5:30p VINYASA YOGA Eileen</p>	<p>24 8:30a POUND 60 Karen</p> <p>5:30p SLOW FLOW YOGA Rebecca</p>	<p>25 8:30a COUNTRY HEAT Christine 9a CORE+ Brandi 10:30a VINYASA YOGA Rebecca</p> <p>5p B-BOARD Demetria 5:30p GENTLE YOGA Michelle 5:45p RISE UP Christine</p>	<p>26 8a AMPD NEW TIME Heather</p>	<p>27 9a P90X 60 Christine</p>
<p>29</p>  <p>GYM HOURS 5a—12p</p> <p>NO CLASSES</p>	<p>30 8a TABATA 60 Christine 10a BEGINNER YOGA Annette</p> <p>5:30p P90X 60 Christine 5:30p VINYASA YOGA (open) Rebecca</p>	<p>31 8:30a POUND 60 Karen</p> <p>5:30p SLOW FLOW YOGA Rebecca</p>	<p>All classes are 30 minutes in length unless otherwise indicated. All cycle class durations are indicated in the class listing. All yoga classes are 60 minutes in length. All classes and instructors are subject to change without notice.</p> <p style="text-align: center;">Share the love: bring a friend to class-their first class is free! (Please arrive a bit early so that your friend may fill out the guest paperwork at the front desk.)</p>		

GROUP FITNESS CLASSES (Location: GPX STUDIO)

AMPD: 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 incorporating cardio, strength, core engagement, yoga positions, and stretching – all while improving your balance. No experience needed; before class the instructor will introduce the program and the board (similar to an inflated paddleboard). Come B part of the fun; you'll enjoy a great workout!

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.

Country Heat®: Fun low-impact cardio combining functional fitness with a little dance. With easy to follow instructions and great music, you'll have so much fun you will forget that you are burning calories and scorching fat!

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.

Full Body Sculpt: A 60 minute intense full body strength and sculpt workout with weights (optional) to tone and strengthen your body from head to toe, and leave you feeling energized!

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.

POUND®: Using weighted drumsticks & moving to the beat, you'll find your inner rockstar! POUND is an effective way of working out with cardio & strength benefit, designed for all fitness levels.

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.

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

YOGA CLASSES (LOCATION: NANCY'S PLACE)

Beginner Yoga: Build strength, increase flexibility, find focus, & invigorate your body through breath & fundamental poses.

Vinyasa Yoga: Develop strength, flexibility & balance while reducing stress in this moderately cardiovascular flow aligned with breath.

Slow Flow Yoga: A fun exploration of movement focused on safety & personal discovery. All levels welcome.

Gentle Yoga: Slower paced movements focusing on alignment, strength, balance & flexibility.

CommUNITY Yoga: Held on the final Tuesday of each month, this free class for all levels is open to members and the public (including children 8 & older w/adult).