



SEPTEMBER 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><i>PRFC will be closing at 1:00 pm on Monday, September 4th.</i></p> <p><i>All yoga classes are 60 minutes in length.</i></p> <p><i>All classes and instructors are subject to change without notice.</i></p> <p>Please call our front desk with any questions: 540.825.0000</p>				<p>1 8:30a CORE & MORE 60 Karen</p>	<p>2 NO CLASS</p>
<p>4</p> <p>NO CLASSES</p>	<p>5 8:00a TABATA 60 Christine <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p TABATA 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>6 8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>7 8:30a COUNTRY HEAT 30 Christine <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD & BURN 60 Demetria <i>5:30p GENTLE YOGA Michelle</i></p>	<p>8 8:30a CORE & MORE 60 Karen</p>	<p>9 9a BUILD & BURN 60 Demetria</p>
<p>11 8:30a POWER YOGA 30 Eileen 9a ROLL & RECOVER 30 Eileen</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>12 9a FULL BODY SCULPT (60 minutes) Brandi NEW <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p TABATA 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>13 8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>14 9:00a LIIT CARDIO 60 Brandi NEW <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD & BURN 60 Demetria <i>5:30p GENTLE YOGA Michelle</i></p>	<p>15 8:30a CORE & MORE 60 Karen</p>	<p>16 9a TABATA 60 Brandi</p>
<p>18 8:30a POWER YOGA 30 Eileen 9a ROLL & RECOVER 30 Eileen</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>19 9a TABATA 60 Brandi NEW <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p TABATA 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>20 8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>21 9:00a LIIT CARDIO 60 Brandi NEW <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD & BURN 60 Demetria <i>5:30p GENTLE YOGA Michelle</i></p>	<p>22 8:30a CORE & MORE 60 Karen</p>	<p>23 9a POUND® 45 Karen</p>
<p>25 8:30a POWER YOGA 30 Eileen 9a ROLL & RECOVER 30 Eileen</p> <p>4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay</p>	<p>26 9a FULL BODY SCULPT (60 minutes) Brandi NEW <i>10a BEGINNER YOGA Annette</i></p> <p>5:30p TABATA 45 Demetria <i>5:30p VINYASA YOGA Eileen</i></p>	<p>27 8:30a POUND® 45 Karen</p> <p>5:30p P90X 60 Christine</p>	<p>28 9:00a LIIT CARDIO 60 Brandi NEW <i>10:30a VINYASA YOGA Eileen</i></p> <p>5:30p BUILD & BURN 60 Demetria <i>5:30p GENTLE YOGA Michelle</i></p>	<p>29 8:30a CORE & MORE 60 Brandi</p>	<p>30 9a POWER YOGA 60 Eileen</p>