




PATH Recreation & Fitness Center
CULPEPER WELLNESS FOUNDATION

NOVEMBER 2023

PATH Recreation & Fitness Center

GROUP FITNESS STUDIO SCHEDULE

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

Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30a POUND® 45 Karen 5:30p P90X 60 Christine	2 9a LIIT CARDIO 60 Brandi 10:30a VINYASA YOGA Eileen 5:30p BUILD & BURN 60 Demetria 5:30p GENTLE YOGA Michelle	3 8:30a CORE & MORE 60 Karen	4 9a BUILD & BURN 60 Demetria
6 6a HIIT 45 ^{NEW} Gwen 11a HOMESCHOOL 60 4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay	7 9a FULL BODY SCULPT (60 minutes) Brandi 10a BEGINNER YOGA Annette 5:30p B-BEARD 45 Demetria 5:30p VINYASA YOGA Eileen	8 8:30a POUND® 45 Karen 5:30p P90X 60 Christine	9 9a LIIT CARDIO 60 Brandi 10:30a VINYASA YOGA Eileen 5:30p BUILD & BURN 60 Demetria 5:30p GENTLE YOGA Michelle	10 8:30a CORE & MORE 60 Karen	11 9a POUND® 45 Karen
13 6a HIIT 45 ^{NEW} Gwen 4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay	14 9a TABATA 60 Brandi 10a BEGINNER YOGA Annette 5:30p TABATA 45 Demetria 5:30p VINYASA YOGA Eileen	15 8:30a POUND® 45 Karen 5:30p P90X 60 Christine	16 9a LIIT CARDIO 60 Brandi 10:30a VINYASA YOGA Eileen 5:30p BUILD & BURN 60 Demetria 5:30p GENTLE YOGA Michelle	17 8:30a CORE & MORE 60 Karen	18 9a FULL BODY SCULPT (60 minutes) Brandi
20 6a HIIT 45 ^{NEW} Gwen 4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay	21 9a FULL BODY SCULPT (60 minutes) Brandi 10a BEGINNER YOGA Annette 5:30p B-BEARD 45	22 8:30a POUND® 45 Karen <i>No Evening Class</i>	23 <i>Closed Today</i> 	24 <i>No Classes Today</i>	25 <i>No Classes Today</i>
27 6a HIIT 45 ^{NEW} Gwen 4p TAE KWON DO 60 5:30p BOOTCAMP 60 Lindsay	28 9a TABATA 60 Brandi 10a BEGINNER YOGA Annette 5:30p TABATA 45 Demetria 5:30p VINYASA YOGA Eileen	29 8:30a POUND® 45 Karen 5:30p P90X 60 Christine	30 9:00a LIIT CARDIO 60 Brandi 10:30a VINYASA YOGA Eileen 5:30p BUILD & BURN 60 Demetria 5:30p GENTLE YOGA Michelle	<i>All yoga classes are 60 minutes in length.</i> <i>All classes and instructors are subject to change without notice.</i> Please call our front desk with any questions: 540.825.0000	

GROUP FITNESS CLASSES (Location: GPX STUDIO)

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!

Bootcamp: This one-hour session focuses on total body strength followed by dynamic core and cardio movements for maximum calorie output.

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 & More: This class will strengthen, stretch and improve joint flexibility in the core and back. All fitness levels and fitness goals welcome.

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!

HIIT: Standing full-body workout with dumbbells to sculpt and strengthen from head to toe. Intervals will be 45 seconds on, 15 seconds off. Medium set of dumbbells will be used in class. This is a NO WRIST workout, meaning no planks, pushups or burpees. Squats and lunges but NO jumping. Grab your dumbbells and let's get to sculpting!

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.

Tabata: A 45 or 60-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.

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

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