

GROUP FITNESS & YOGA CLASS SCHEDULE

MARCH 2024



MON	TUE	WED	THURS	FRI	SAT
				1 8:30 am LIIT Cardio & Core 60 - Karen	2 No Class
4 6:00am HIIT 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	5 8:30 am Tabata 30 - Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	6 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	7 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	8 8:30 am LIIT Cardio & Core 60 - Karen	9 9am Build & Burn 60- Demetria
11 6:00am HIIT 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	12 8:30 am Tabata 30 Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm B-Board 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	13 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	14 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	15 8:30 am LIIT Cardio & Core 60 - Karen	16 9am HIIT 45 - Gwen
18 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	19 8:30 am Tabata 30 Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60 - Eileen	20 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	21 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60- Eileen 5:30 pm Build & Burn 60 - Demetria	22 8:00 am LIIT Cardio & Core 45 - Merrill	23 9am Kettlebell 45- Shaunda
25 6:00am HIIT 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	26 8:30 am Tabata 30 Gwen 10 am Beginner Yoga 60 - Annette 5:30 pm B-Board 45 - Demetria 5:30 pm Vinyasa Flow Yoga 60- Eileen	27 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	28 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen 5:30 pm Build & Burn 60 - Demetria	29 8:00 am LIIT Cardio & Core 45 - Merrill	30 9am Kettlebell 45- Shaunda

- Class duration in minutes after class name
- No Sunday classes
- Yoga classes are one hour & are held in Nancy's place (activity room next to kids corner)
- Classes & instructors are subject to change
- Please call our front desk with any questions: 540-825-0000
- Find your fun, find your fit!

GROUP FITNESS CLASSES (Location: GPX STUDIO)

B-Board®: A 45-minute 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 & 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 & cardio movements for maximum calorie output.

Build & Burn: This 60-minute high energy interval class combines cardio and strength work for a great hour of calorie burning & fitness training. Expect to use different types of equipment – kettlebells, dumbbells, bars & plates – to maximize your training results. Work at your own level.

HIIT: This 45-minute full-body workout will make you feel strong & confident. Low impact with weights. No repeat exercises to maximize burning fat & toning lean muscle. 45 minutes of full body strength & toning plus 5 minutes of cooldown stretching. Grab your medium dumbbells & work up! Building muscle increases metabolism.

Kettlebell AMPD: This 45-minute class takes heart pumping music and your favorite kettlebell moves & combines them into calorie torching fun!

LIIT Cardio & Core: This low intensity interval training cardio class is designed to increase your heart rate and burn calories while strengthening, stretching and improving joint flexibility in the core & back. All fitness levels & fitness goals welcome in this 60-minute class.

POUND®: Using weighted drumsticks & moving to the beat, you'll find your inner rock star! POUND is an effective way of working out with cardio & strength benefit, designed for all fitness levels. 45 minutes.

Step & Strength: This 45-minute step class is fun, energetic and exciting! The workout moves between step choreography & intervals of strength exercises designed to get your heart rate up, boost cardio endurance & increase muscle tone.

Tabata: 30 & 45 minute interval-based full body workouts. Weights are optional.

Interested in Tae Kwon Do? Active members of PRFC with Fitness or All Access memberships are able to participate in Taekwondo at no charge. Non-members interested in trying the program may drop in to a class (\$20).

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.