


GROUP FITNESS & YOGA CLASS SCHEDULE

NOVEMBER 2024



MON	TUE	WED	THURS	FRI	SAT
				1 8:00 am LIIT Cardio & Core 45- Merrill	2 9:00 am Build & Burn 60- Demetria
4 7:00am Full Body Strength 45 - Gwen 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	5 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm LIIT Cardio & Core 45 - Demetria	6 8:30 am POUND 45 - Karen 5:30 pm Xtreme Hip Hop Step 45-Shaunda	7 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen <small>no class</small> 5:30 pm Build & Burn 60 - Demetria	8 8:00 am LIIT Cardio & Core 45- Merrill	9 No Class
11 7:00am Full Body Strength 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	12 8:00am Full Body Strength 45 - Gwen 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm Tabata 45 - Demetria	13 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	14 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga- Eileen 5:30 pm Build & Burn 60 - Demetria	15 8:00 am LIIT Cardio & Core 45- Merrill	16 9:00am Full Body Strength 55 - Gwen
18 7:00am Full Body Strength 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Demetria	19 8:00 am - Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm LIIT Cardio & Core 45 - Demetria	20 8:30 am POUND 45 - Karen 5:30 pm Xtreme Hip Hop Step 45-Shaunda	21 7:00am Full Body Strength 45 - Gwen 8:30 am Kettlebell Strength 45 - Karen 10:30 am Vinyasa Flow Yoga 60 - Eileen PRFC & PWC close at 5pm for a special event.	22 8:00 am LIIT Cardio & Core 45 - Merrill	23 9:00am Lift & HIIT 60- Francesca POP UP!
25 7:00am Full Body Strength 45 - Gwen 8:00am Step & Strength 45- Merrill 4 pm Tae Kwon Do 60 5:30 pm Bootcamp 60 - Lindsay	26 8:00 am Tabata 30 - Merrill 10 am Tranquil Moves Yoga 60 - Annette 5:30 pm LIIT Cardio & Core 45 - Demetria	27 8:30 am POUND 45 - Karen 5:30 pm Kettlebell AMPD 45 - Shaunda	28  CLOSED	29 8:00 am LIIT Cardio & Core 45 - Merrill regular hours	30 No Class

- Class duration in minutes after class name
- No Sunday classes
- Yoga classes are one hour & are held in Nancy's place (the 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)

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.

Full Body Strength: This 45-60 minute low impact full body strength focused class is done in 45 second work intervals. Grab your dumbbells & build muscle to increase metabolism!

Kettlebell AMPD & Kettlebell Strength: These 45-minute classes take heart pumping music and your favorite kettlebell moves & combine 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.

Xtreme Hip Hop Step: A new level for traditional step aerobics! Routines are set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn and stronger cardiovascular abilities and relieving stress! 45 minutes; all fitness levels.

YOGA CLASSES (Location: NANCY'S PLACE)

Tranquil Moves Yoga (prev. Beginner Yoga): Connect mindful movement and breath to support your journey to wellness and nervous system resilience. Perfect for all levels and can be done in a chair or on the mat. 60 minutes.

Vinyasa Yoga: Develop strength, flexibility & balance while reducing stress in this moderately cardiovascular flow aligned with breath. 60 minutes.

Interested in Taekwondo? 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).