



Techny Prairie Activity Center

Group Fitness Schedule

November 13, 2021 – January 9, 2022

In-Person TPAC Locations	
Studio A	TPAC Prairie Room
Studio B	TPAC Patio

Indicates Also Available on Fitness On Demand Livestream

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:45-9:45am W.O.W (Wonderful Overall Workout) 	8-9am CARDIO/STRENGTH CIRCUIT	8-9am MAT PILATES 	8:15-9:15am ALL LEVEL YOGA 	8-9am MAT PILATES 9:15-10:15 BARRE 	8:15-9:15am CARDIO/STRENGTH CIRCUIT	8:30-9:30am ALL LEVEL YOGA 8:45-9:45am PILATES FUSION
9:30-10:30am PURE STRENGTH	9:15-10:15am POWER FLOW YOGA 9:15-10:05am CYCLE JOURNEY 10:15-11:15am ZUMBA GOLD® 	9:15-10:15am POWER PUMP 9:15-10:15am ZUMBA®	9:30-10:30am W.O.W. (Wonderful Overall Workout) 9:30-10:30am CARDIO CIRCUIT <i>(BEGINS 9/23)</i> 10:35-11am enCORE <i>(BEGINS 9/23)</i>	9:15-10:15am WERQ	9:30-10:30am CYCLE JOURNEY 9:45-10:45am BARRE 	8:30am-9:30am WERQ
10-11am CHAIR YOGA		10:30-11:30am W.O.W. (Wonderful Overall Workout) 		10:30-11:30am CHAIR YOGA 		9:45-10:45am FLEX YOGA
4:30-5:20pm SCULPT & TONE 5:30-6:30pm WERQ 	5:45-6:45pm PURE STRENGTH	4:30-5:20pm CARDIO/STRENGTH CIRCUIT 5:20-5:50pm enCORE	5:45-6:45pm PURE STRENGTH			9:45-10:30am PURE STRENGTH 45
5:45-6:45pm ALL LEVEL YOGA		6-7pm POWER CYCLE 6-7pm ALL LEVEL YOGA 				

TPAC Group Fitness Classes

TPAC offers group fitness classes in-person at Techny Prairie Activity Center and some classes are also available livestreamed through Fitness On Demand™—TPAC's virtual platform.

All Level Yoga

This Hatha-based, Vinyasa-infused yoga practice is appropriate for yoga enthusiasts of all levels.

Barre

Ballet inspired moves are combined with elements of Pilates, dance, yoga and strength training in this hybrid workout class.

Cardio Circuit

Scorch calories while working hard and having fun in this cardio interval class.

Cardio/Strength Circuit

This well-rounded workout includes cardiovascular exercises alternating with strength work.

Chair Yoga

Done seated, this yoga class includes breathing techniques and a wide variety of poses.

Cycle Journey

This stationary cycling journey is a combination of music, metrics and fun. (Space is limited, reservations recommended.)

enCORE

Take 25 or 30 minutes to tone and refine your CORE—abs, lower back and glutes.

Flex Yoga

Enjoy a session of muscle, ligament and tendon stretches and poses designed to increase flexibility, promote overall joint and muscle health and help prevent injuries.

Mat Pilates

Based on the original exercises of Joseph Pilates, this muscle-strengthening and lengthening form of exercise focuses on core muscles and the toning of arms and legs.

Pilates Fusion

This class takes the best practices from Pilates and fuses them with yoga poses and strength training.

Power Cycle

Train on the bike using power metrics that are customized to your abilities in this stationary cycling experience. (Space is limited, reservations recommended.)

Power Flow Yoga

Participants move fluidly from one pose to the next while connecting their breath to their movements with this powerful and energetic form of yoga.

Power Pump

This barbell strength class consists of ten tracks of work, focusing on one muscle group for each track to achieve maximum fat burn and muscular endurance.

Pure Strength

Build strength and add definition in this all-strength class that defines and sculpts muscles.

Sculpt & Tone

Using light weights and high repetitions, and set to the beat of the music, the class will rhythmically sculpt and tone your muscles.

WERQ

This wildly addictive cardio dance class is based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

W.O.W.

(Wonderful Overall Workout)

This low impact class focuses on light cardio, strength and balance work.

Zumba®

Combining Latin and international music with dance moves, routines incorporate interval training to help improve cardiovascular fitness.

Zumba Gold®

A modified version of Zumba, this class is geared toward active, older adults seeking lower-impact workouts.

Notes

TPAC Tent and Patio are outdoor locations. Face coverings are not required outdoors. In extreme inclement weather, classes may be brought inside TPAC where face coverings are required.

Reservations are not needed for classes except Cycle Journey and Power Cycle. To make a reservation for these classes, visit nbparks.org or call 847-897-6180.