

Weekly Group Fitness Schedule

Classes starting October 19th

Classes will be added as we build the Pathfinder Community.

DAY	TIME	CLASS
Monday	6:00 - 6:45 AM	Lower Body Circuit
Tuesday	5:30 - 6:15 PM	Upper Body Circuit
Wednesday	9:00 - 9:45 AM	Mobility & Balance
Wednesday	6:00 - 6:45 PM	Full Body Pump
Thursday	5:30 - 6:15 PM	Core & Conditioning
Friday	6:00 - 6:45 AM	Upper Body Circuit
Saturday	8:00 - 8:45 AM	Full Body Pump
Saturday	9:15 - 10:00 AM	Move Well

What to Expect

Lower Body Circuit	Station-based strength work using squats, sleds and kettlebells - built from the ground up.
Upper Body Circuit	Rotating stations of presses, rows and pulls for total upper-body strength.
Full Body Pump	Barbell-based, music-paced full-body strength work with a circuit finisher. All levels welcome.
Mobility & Balance	Guided flexibility and balance work to help you move and feel better every day.
Core & Conditioning	Core-focused conditioning that builds strength and stamina from the center out.
Move Well	Beginner-friendly body weight, bands, and light dumbbells. Great for post-rehab patients and fitness beginners.

No classes on Sundays

Class size limited to 12

28811 S. Tamiami Trail, Suite 11, Bonita Springs, FL 34134 | pathfinderppt.com