


# Culpeper Sport & Fitness Group Fitness Schedule May 2018

There is no admittance to group exercise class 5 minutes after the class has started. Please bring a towel and water to all cycling classes. During inclement weather classes are subject to change due to instructor availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00–7:00am <b>Boot Camp</b> <i>Karen</i>			6:00–7:00am <b>Boot Camp</b> <i>Karen</i>	6:00–7:00am <b>Next Level Bootcamp</b> <i>Marcus</i>	
8:00–8:30am <b>Get Fit Fast</b> <i>Marcus</i>	8:30–9:00am <b>HIIT Calories Hard</b> <i>Marcus</i>	8:00–8:30am <b>Get Fit Fast</b> <i>Marcus</i>	8:30–9:00am <b>HIIT Calories Hard</b> <i>Marcus</i>	7:30–8:00am <b>Get Fit Fast</b> <i>Marcus</i>	8:00–9:00am <b>Circuit Training</b> <i>Karen</i>
8:30–9:00am <b>Total Core</b> <i>Marcus</i>		8:30–9:00am <b>Total Core</b> <i>Marcus</i>		8:00–9:00am <b>Next Level Bootcamp</b> <i>Marcus</i>	
8:30–9:15am <b>Step &amp; Core</b> <i>Lou Ellen</i>	9:00–9:55am <b>Tabata</b> <i>Karen</i>	8:30–9:15am <b>Step &amp; Core</b> <i>Lou Ellen</i>	9:00–10:00am <b>Kettlebell AMPD</b> <i>Karen</i>	8:30–9:15am <b>Step &amp; Core</b> <i>Lou Ellen</i>	
9:20–9:55am <b>Core De Force EX</b> <i>Christine</i>	10:00–11:00am <b>Country Heat</b> <i>Christine</i>	9:20–10:15am <b>Core De Force</b> <i>Christine</i>	10:00am–11:00am <b>Boot Camp</b> <i>Karen</i>	9:10–9:40am <b>Total Core</b> <i>Marcus</i>	
10:00–10:55am <b>Yoga</b> <i>Jeanne</i>	10:30–11:00am <b>Total Core</b> <i>Marcus</i>		10:30–11:00am <b>Total Core</b> <i>Marcus</i>	9:20–10:15am <b>POUND</b> <i>Karen</i>	
	11:00–11:45am <b>HIIT Cardio</b> <i>Marcus</i>		11:00–11:45am <b>HIIT Cardio</b> <i>Marcus</i>	10:20–11:15am <b>Kickboxing</b> <i>Karen</i>	
11:00am–12:00pm <b>Boot Camp</b> <i>Karen</i>	11:15am–12:15pm <b>Transform</b> <i>Jodi</i>	10:45–11:45am <b>Yoga</b> <i>Jeanne</i>	11:15am–12:15pm <b>Transform</b> <i>Jodi</i>	10:30–11:00am <b>Mobility/Stability /Balance</b> <i>Marcus</i>	
12:15–12:45pm <b>Total Body Workout</b> <i>Marcus</i>	12:15–12:45pm <b>Total Body Workout</b> <i>Marcus</i>	12:15–12:45pm <b>Total Body Workout</b> <i>Marcus</i>	12:15–12:45pm <b>Total Body Workout</b> <i>Marcus</i>	2:00–3:00pm <b>Next Level Bootcamp</b> <i>Marcus</i>	
	2:00–3:00pm <b>Next Level Bootcamp</b> <i>Marcus</i>	4:30–5:30pm <b>Youth Sports Training</b> <i>Marcus</i>	2:00–3:00pm <b>Next Level Bootcamp</b> <i>Marcus</i>		
5:30–6:30pm <b>Boot Camp</b> <i>Karen</i>	4:15–5:15pm <b>Tae Kwon Do Kids</b> <i>Dave</i>	5:30–6:25pm <b>POUND</b> <i>Karen</i>	5:30–6:30pm <b>Boot Camp</b> <i>Karen</i>	<p><b>SMALL GROUP TRAINING:</b> Participants must sign up and pay in advance at the Front Desk.</p> <p><b>NEW!</b> MOVE IT, Youth Sports Training, Next Level Bootcamp, and more!</p> 	
6:30–8:00pm <b>Tae Kwon Do</b> <i>Dave</i>	5:30–6:25pm <b>Body Sculpt</b> <i>Lou Ellen</i>	6:30–7:25pm <b>AMPD Resistance</b> <i>Karen</i>	6:30–8:00pm <b>Tae Kwon Do</b> <i>Dave</i>		
7:30–8:00pm <b>Push Your Limits</b> <i>Marcus</i>	6:30–7:25pm <b>Kettlebell AMPD</b> <i>Karen</i>	7:30–8:00pm <b>Push Your Limits</b> <i>Marcus</i>			
8:00–8:45pm <b>Level Up</b> <i>Marcus</i>		8:00–8:45pm <b>Level Up</b> <i>Marcus</i>			

**KEY**  Group Fitness Studio (GPX)  MOVE IT (\$)  Additional Fee (\$)  Youth Class **EX:** 30–40 minute class



CULPEPER SPORT & FITNESS  
Culpeper Wellness Foundation

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# Group Fitness Class Descriptions

**AMPD Resistance:** Take great music and combine it with simple resistance band movements for a fun, effective total body workout.

**Boot Camp:** Pre-register and pay at the Front Desk for this challenging training class that will get you results.

**Body Sculpt:** Light weight training for all levels.

**Circuit Training:** Fusion of cardio, strength, balance, and flexibility that incorporates an endless variety of exercises for a challenging, never-boring workout.

**Core De Force:** Mixed martial arts-inspired workout designed to slash inches off your waist, blast belly fat, and sculpt total body definition.

**Country Heat:** Fire up your metabolism and burn calories while you have fun dancing to the hottest country music.

**Kettlebell AMPD:** Takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun!

**Kickboxing:** A fusion of boxing, martial arts, and aerobics. Set to high energy music, this class will keep you moving and motivated!

**POUND:** The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

**Step & Abs:** Combine traditional step aerobics with some abdominal work for a great workout.

**Tabata:** Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

**Tae Kwon Do:** A Korean martial art characterized by its emphasis on a fast kicking technique which helps enhance self-esteem by heightening your physical and mental powers.

**Tae Kwon Do Kids:** A Korean martial art characterized adapted for children for fun, challenging exercise.

**Transform:** Unite sport and yoga in a refreshing new way. This class will engage your mind and body using sun salutations, plyometric hops and lunges, balance and strength poses, and twisting and lengthening positions.

**Yoga:** Learn the fundamental poses of yoga in order to build strength, increase flexibility, and find focus.



MOVE IT is a workout designed for small groups led by a Personal Trainer. It will challenge all your energy systems while developing total body strength. The sequence of exercises, movement patterns, and the training tools will provide you with a high intensity interval session that uses the whole body and all major muscle groups. MOVE IT will make you feel like you've worked everything! And, in a short-amount of time. It's exciting, fun and will bring you fantastic results! Escape your limits with MOVE IT at Culpeper Sport & Fitness.

\*Additional fees apply, see Front Desk for more info.

## WHAT HAPPENS IN A MOVE IT SESSION?

You'll have to work hard—to push your heart rate above 80%—but MOVE IT makes it fun. Sessions are fast paced, competitive, and more varied than other workouts. You'll enjoy a great calorie-burning hit and a big after-session buzz.

## WHO IS MOVE IT FOR?

You can enjoy the shared group training experience, whatever your level. Train to your own ability. MOVE IT up a level when you're ready. The harder you work the greater the results will be.

## WHAT WILL MOVE IT DO FOR ME?

- Improved muscular endurance.
- Improved aerobic threshold and cardio fitness for greater everyday fitness.
- A great post-exercise EPOC calorie burn (excess post-exercise oxygen consumption) which means you burn calories during and after your workout.