

Powell Wellness Center Aquatic Fitness Schedule May 2018

Reminders: There is no admittance to group exercise class 5 minutes after the class has started. During inclement weather, classes are subject to change due to instructor availability. If there is severe weather in the area, please call the facility (540-445-5406) to check on the status of the pool as it will close for lightning and/or thunder.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45–6:30am Cardio Deep 1 <i>Thunder (I)</i>	5:30–6:30am Volleyball (L)		5:30–6:30am Volleyball (L)		
6:15–7:15am River Swim (R)		6:15–7:15am River Swim (R)		6:15–7:15am River Swim (R)	
7:00am–12:00pm Physical Therapy	7:00am–5:30pm Physical Therapy	7:00am–12:00pm Physical Therapy	7:00am–5:30pm Physical Therapy	7:00am–12:00pm Physical Therapy	
	8:15–9:00am Step <i>Amy (L)</i>	8:15–9:00am Cardio Deep 2 <i>Amy</i>	8:15–9:00am Step <i>Amy (L)</i>		7:30–8:30am River Swim (R)
9:15–10:00am Aqua Burn <i>Amy (L/I)</i>	9:15–10:10am Volleyball <i>Amy (L)</i>	9:15–10:00am Aqua Burn <i>Amy (L)</i>	9:15–10:10am Volleyball <i>Amy (L)</i>	9:15–10:00am Bata-BOOM <i>Jodi (L)</i>	8:25am–12:00pm Swimming Lessons
	10:00–11:40am Swimming Lessons	10:35–11:40am Swimming Lessons			12:00–2:00pm Family Swim
10:15–11:00 am Fluid Motion <i>Bonnie (I)</i>	10:15–11:00 am River Walking <i>Amy (R)</i>	10:15–11:00 am Fluid Motion <i>Bonnie (I)</i>	10:15–11:00 am River Walking <i>Amy (R)</i>	10:15–11:00 am Fluid Motion <i>Bonnie (I)</i>	
11:15am–12:00pm River HIIT <i>Amy (R)</i>	11:15am–12:00pm Cardio Deep 2 <i>Amy (I)</i>	11:15am–12:00pm River HIIT <i>Amy (R)</i>			
	12:00–1:00pm River Swim (R)		12:00–1:00pm River Swim (R)		
2:00–2:45pm BioExercise <i>Sharon (I)</i>	1:00–1:45pm FitScripts <i>Whitney (I)</i>	2:00–2:45pm BioExercise <i>Sharon (I)</i>	1:00–1:45pm FitScripts <i>Whitney (I)</i>		
5:00–5:45pm FitScripts <i>Whitney (I)</i>		5:00–5:45pm FitScripts <i>Whitney (I)</i>	1:00–2:30pm Swimming Lessons	6:00–8:00pm Family Swim	
5:00–7:00pm Swimming Lessons	4:40–6:30pm Swimming Lessons	4:40–7:40pm Swimming Lessons		SMALL GROUP TRAINING: Participants must sign up and pay in advance at the Front Desk. FitScripts: Monday & Wednesday at 5:00pm, Tuesday & Thursday at 1:00pm Aquatic personal training available.	
5:30–6:15pm Bata-BOOM <i>Charlsa (L)</i>	6:00–8:00pm Family Swim	5:30–6:30pm Boot Camp & Abs <i>Charlsa (L)</i>	5:30–6:45pm Yoga <i>Kaori</i>		
8:00–9:00pm River Swim (R)		8:00–9:00pm River Swim (R)			
					SUNDAY
					10:00am–12:00pm Family Swim

KEY ■ River (R) ■ Lap Lanes (L) ■ Inner Pool (I) ■ Additional Fee (\$) ■ All ages welcome in the pool



POWELL WELLNESS CENTER
Culpeper Wellness Foundation

1005 Golf Drive, Culpeper, VA 22701
www.powellwellnesscenter.org
540-445-5406



Aquatic Class Descriptions

Please use caution when crossing the river to get to the therapy pool. Classes held in the river may cause the current to be stronger than normal.

Aqua Burn: This exercise class is designed to give you a complete workout. Each class includes cardio, strength and flexibility. All fitness levels welcome.

Bata-BOOM: Non-impact, fast paced and fun! A Tabata style class using 20-second work cycles followed by 10 seconds rest. The self-paced format offers a challenging option for all ability levels, with the potential to progress.

BioExercise: Experience an innovative new water exercise program that combines activities for the body and mind to improve total body functionality.

Boot Camp & Abs: Interval cardiovascular exercises and strength training in the water for an intense, total-body workout. All fitness levels welcome.

Cardio Deep 1: Great upper/lower body workout in the deep section of the pool that provides a total body workout and gets the heart pumping.

Cardio Deep 2: Intense upper/lower body workout in the deep section of the pool. Belt is required. Intermediate fitness level recommended. Class is designed for experienced pool exercisers.

Family Swim: PWC offers a safe swimming environment for families to gather for swimming. Each family swim participant should sign in at the PWC Front Desk to enter the pool. Family swim is limited to 50 participants. Please check our website for more information on Family Swim (www.powellwellnesscenter.org/aquatics.aspx).

FitScripts (\$): Additional Fee Group Class: A physician referred program designed for those who want to exercise but many have chronic conditions or physical limitations such as obesity, diabetes, or orthopedic limitations.

Fluid Motion: Warm water, low intensity water class designed to help participants with joint concerns, including stiffness, arthritis, rheumatoid arthritis, fibromyalgia and/or back pain. Incorporates exercises to improve flexibility, balance, strength and joint range of motion.

River HIIT: A high energy interval workout that works with and against the flow of the river. Intermediate fitness level recommended. Class is designed for experienced pool exercisers.

River Walking: You will strengthen and build muscles with low-impact water walking techniques in this 45 min class. Take advantage of the natural resistance of water to improve cardio, strength and balance. All fitness level welcome. Great class for those just learning how to use PWC's T.U.R.T.T.L.E. Pool.

Step: Aquatic step adds a new challenge to every movement. Step in the water incorporates large dynamic moves that will both improve your cardiovascular endurance levels and muscle strength. The water provides the perfect safe environment for a fun, low impact step class that takes your fitness to the next level.

Volleyball: Low impact water volleyball. Fun for all fitness levels.

Yoga: Yoga movements that sequence and flow with the gentle resistance of the water that work on balance and coordination.