

Culpeper Sport & Fitness Group Fitness Schedule July 2018

Reminders: 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 Next Level Bootcamp Marcus	
8:00–8:30am Get Fit Fast Marcus	8:30–9:00am HIIT Calories Hard Marcus	8:00–8:30am Get Fit Fast Marcus	8:30–9:00am HIIT Calories Hard Marcus	7:30–8:00am Get Fit Fast Marcus	
8:30–9:00am Total Core Marcus		8:30–9:00am Total Core Marcus		8:00–9:00am Next Level Bootcamp Marcus	
8:30–9:15am Step & Core Lou Ellen	9:00–10:00am P90X Christine	8:30–9:15am Step & Core Lou Ellen	9:00–10:00am Kettlebell & Abs Ada	8:30–9:15am Step & Core Lou Ellen	
9:20–9:55am Core De Force EX Christine		9:20–10:15am Core De Force Christine		9:10–9:40am Total Core Marcus	
10:00–10:55am Yoga Jeanne				9:30–10:30am P90X Christine	
	11:15am–12:15pm Transform Jodi	10:45–11:45am Yoga Jeanne	11:15am–12:15pm Transform Jodi	10:30–11:00am Mobility/Stability + Balance Marcus	
12:15–12:45pm Total Body Workout Marcus	12:15–12:45pm Total Body Workout Marcus	12:15–12:45pm Total Body Workout Marcus	12:15–12:45pm Total Body Workout Marcus		

	4:15–5:15pm Tae Kwon Do Youth Dave	5:30–6:30pm P90X Christine	
6:30–8:00pm Tae Kwon Do Dave	5:30–6:25pm Body Sculpt Lou Ellen		6:30–8:00pm Tae Kwon Do Dave
7:30–8:00pm Push Your Limits Marcus		7:30–8:00pm Push Your Limits Marcus	
8:00–8:45pm Level Up Marcus		8:00–8:45pm Level Up Marcus	

SMALL GROUP TRAINING:
Participants must sign up and pay in advance at the Front Desk.

NEW! MOVE IT, Youth Sports Training, Next Level Bootcamp, and more!



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



CULPEPER SPORT & FITNESS
Culpeper Wellness Foundation

19055 Industrial Road, Culpeper, VA 22701
www.culpepersport.com
540-825-0000



Group Fitness Class Descriptions

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

Body Sculpt: Light-weight training for all levels.

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

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

P90X: It combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching.

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

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 Youth: 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.