

Culpeper Sport & Fitness Group Fitness Schedule November 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
5:30-6:30am Bootcamp Marcus		5:30-6:30am Bootcamp Marcus		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	9:00-10:00am Bootcamp Marcus	8:30-9:00am Total Core Marcus	9:00-10:00am Bootcamp Marcus		8:00-9:00am P90X® Christine
8:30-9:15am Step & Core Lou Ellen		8:30-9:15am Step & Core Lou Ellen	9:00-9:45am Tumbling * (ages 3-5) Kasey	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	10:00-10:40pm Tiny Tumblers* (under age 3) Kasey		
10:00-10:55am Yoga Jeanne	10:00-11:00am P90X® Christine				
		10:45-11:45am Yoga Jeanne			
	12:15-12:45pm Total Body Workout Marcus		12:15-12:45pm Total Body Workout Marcus		
4:45-5:30pm Tumbling * (ages 5-7) Kasey	4:15-5:15pm Tae Kwon Do Youth Dave	4:45-5:30pm Tumbling * (ages 5-7) Kasey	5:15-6:00pm Youth Bootcamp Marcus		
5:30-6:15pm Tumbling * (ages 7-11) Kasey	5:15-6:00pm Youth Bootcamp Marcus	5:30-6:15pm Tumbling * (ages 7-11) Kasey	5:30-6:20pm P90X® Christine		
6:00-7:00pm Bootcamp Marcus	5:30-6:25pm Body Sculpt Lou Ellen	6:00-7:00pm Bootcamp Marcus	6:30-8:00pm Tae Kwon Do Dave		
6:30-8:00pm Tae Kwon Do Dave	6:30-7:30pm Kettlebell AMPD Lynnette				
7:15-7:45pm Push Your Limits Marcus		7:15-7:45pm Push Your Limits Marcus			
7:45-8:30pm Level Up Marcus		7:45-8:30pm Level Up Marcus			

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

NEW! MOVE IT, P90X, Tumbling, Youth Bootcamp and more!



KEY

- Group Fitness Studio (GPX)
- MOVE IT (\$)
- Additional Fee (\$)
- Youth Class
- * Registration required. Fee applies.

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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.

Body Sculpt: Light-weight training for all levels.

Bootcamp: Designed to build strength and fitness through a variety of intense group intervals.

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!

Kettlebell AMPD: 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.

Small Group Training (*Next Level Bootcamp, Total Core, Level Up, and Mobility/Stability/Balance*): Combines a program of set lifts, core strengthening and conditioning exercises.

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.

Tiny Tumblers: A fun introduction to gymnastics skills. Designed for children younger than 3 accompanied by an adult.

Tumbling: Introduction to gymnastics skills.

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

Youth Bootcamp: For ages 6-12, mimics an adult boot camp experience – at a level that is appropriate and FUN for kids.



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.

WHAT CLASSES ARE MOVE IT CLASSES?

- ✓ Push Your Limits
- ✓ Total Body Workout
- ✓ Get Fit Fast
- ✓ HIIT Calories Hard