

# Culpeper Sport & Fitness Group Fitness Schedule December 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 <b>Bootcamp</b> Marcus		5:30-6:30am <b>Bootcamp</b> Marcus		6:00-7:00am <b>Next Level Bootcamp</b> Marcus	
8:00-8:30am <b>Get Fit Fast</b> Marcus	8:30-9:00am <b>HIIT Calories Hard</b> Marcus	8:00-8:30am <b>Get Fit Fast</b> Marcus	8:30-9:00am <b>HIIT Calories Hard</b> Marcus	7:30-8:00am <b>Get Fit Fast</b> Marcus	
8:30-9:00am <b>Total Core</b> Marcus	9:00-10:00am <b>Bootcamp</b> Marcus	8:30-9:00am <b>Total Core</b> Marcus	9:00-10:00am <b>Bootcamp</b> Marcus		8:00-9:00am <b>P90X®</b> Christine
8:30-9:15am <b>Step &amp; Core</b> Lou Ellen	9:00-10:00am <b>B-Board®</b> Christine	8:30-9:15am <b>Step &amp; Core</b> Lou Ellen	9:00-9:45am <b>Tumbling * (ages 3-5)</b> Kasey	8:30-9:15am <b>Step &amp; Core</b> Lou Ellen	
9:20-9:55am <b>Core de Force® EX</b> Christine		9:20-10:15am <b>Core de Force®</b> Christine	10:00-10:40pm <b>Tiny Tumblers* (under age 3)</b> Kasey		
10:00-10:55am <b>Yoga</b> Jeanne	10:00-11:00am <b>P90X®</b> Christine				
		10:45-11:45am <b>Yoga</b> Jeanne			
	12:15-12:45pm <b>Total Body Workout</b> Marcus		12:15-12:45pm <b>Total Body Workout</b> Marcus		
4:45-5:30pm <b>Tumbling * (ages 5-7)</b> Kasey	4:15-5:15pm <b>Tae Kwon Do Youth</b> Dave	4:45-5:30pm <b>Tumbling * (ages 5-7)</b> Kasey	5:15-6:00pm <b>Youth Bootcamp</b> Marcus		
5:30-6:15pm <b>Tumbling * (ages 7-11)</b> Kasey	5:15-6:00pm <b>Youth Bootcamp</b> Marcus	5:30-6:15pm <b>Tumbling * (ages 7-11)</b> Kasey	5:30-6:20pm <b>B-Board®</b> Christine		
6:00-7:00pm <b>Bootcamp</b> Marcus	5:30-6:25pm <b>Body Sculpt</b> Lou Ellen	6:00-7:00pm <b>Bootcamp</b> Marcus	6:30-8:00pm <b>Tae Kwon Do</b> Dave		
6:30-8:00pm <b>Tae Kwon Do</b> Dave	6:30-7:30pm <b>Kettlebell AMPD</b> Lynnette				
7:15-7:45pm <b>Push Your Limits</b> Marcus		7:15-7:45pm <b>Push Your Limits</b> Marcus			
7:45-8:30pm <b>Level Up</b> Marcus		7:45-8:30pm <b>Level Up</b> 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.

**B-BOARD®:** It targets a great balance as the centerpiece for advanced strength and physical training. It's a fantastic workout that challenges both static and dynamic balance. This multi-directional workout has a number of benefits for your health, beyond the cardiovascular and metabolic aspects commonly associated with exercise.

**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