

# Powell Wellness Center 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
5:45–6:35am <b>Cycling</b> Christine (C)	5:45–6:45am <b>CXWORX™/Kettlebell</b> Ada (GPX)	5:45–6:30am <b>Boot Camp</b> Kimberley (GPX)	5:45–6:35am <b>Cycling</b> Faith (C)	5:45–6:45am <b>BODYPUMP™</b> Kimberley (GPX)	
8:15–8:55am <b>RIP EX</b> Sarah (GPX)	8:15–8:45am <b>Axis EX</b> Sarah (GPX)	8:15–9:00am <b>Cycling EX</b> Ada (C)	8:15–8:45am <b>Axis EX</b> Sarah (GPX)	8:15–8:55am <b>BODYPUMP™ EX</b> Ada (GPX)	8:15–8:45am <b>CXWORX™</b> Kimberley (GPX)
		8:15–8:55am <b>Wake Up &amp; Walk</b> Sharon (GPX)			
9:00–9:55 am <b>Retro Aerobics</b> Kelly (GPX)	9:00–9:55 am <b>Zumba®</b> Kaori (GPX)	9:00–9:55 am <b>RIP</b> Sarah (GPX)	9:00–9:55 am <b>Retro Aerobics</b> Kelly (GPX)	9:00–9:55 am <b>Zumba®</b> Heather (GPX)	9:00–9:55 am <b>Zumba®</b> Kaori (GPX)
9:00–9:50 am <b>Cycling</b> Patrice (C)	9:00–9:50 am <b>Cycling</b> Sarah (C)		9:00–9:50 am <b>Cycling</b> Sarah (C)	9:00–9:50 am <b>Cycling</b> Amy (C)	9:00–9:50 am <b>Cycling</b> Mandy (C)
10:15–11:10am <b>Pilates</b> Alyssa (GPX)	10:15–11:20am <b>Yoga 1</b> Annette (GPX)	10:15–11:10am <b>Pilates</b> Alyssa (GPX)	10:15–11:10am <b>Tai Chi</b> Thunder (GPX)	10:15–11:20am <b>Yoga 2</b> Annette (GPX)	10:00–11:00am <b>BODYPUMP™</b> BP Team (GPX)
11:30–12:25pm <b>Silver Seniors</b> Bonnie (GPX)	11:30–12:25pm <b>Seated Yoga</b> Annette (GPX)	11:30–12:25pm <b>Silver Seniors</b> Bonnie (GPX)	11:30–12:25pm <b>Beginners Yoga</b> Annette (GPX)	11:30–12:25pm <b>Silver Seniors</b> Bonnie (GPX)	
12:30–1:25pm <b>Active Gold</b> Sharon (GPX)		12:30–1:25pm <b>Active Gold</b> Sharon (GPX)		12:30–1:25pm <b>Zumba Gold®</b> Kelly (GPX)	
4:30–5:25pm <b>Pump &amp; Core</b> Christine (GPX)	4:30–5:25pm <b>Country Heat</b> Christine	4:30–5:00pm <b>Core and More</b> Heather (GPX)	4:30–5:25pm <b>Beginner/Weighted Step</b> Sharon (GPX)	4:30–5:25pm <b>HOT HULA Fitness®</b> Kelly (GPX)	
5:30–6:25pm <b>Zumba®</b> Kaori (GPX)	5:30–6:15pm <b>BODYPUMP™</b> Ada/Demetria (GPX)	5:00–5:30pm <b>Kids Zumba®</b> Heather (GPX)	5:30–6:25pm <b>BODYPUMP™</b> Kimberley (GPX)	<p><b>SMALL GROUP TRAINING:</b> Participants must sign up and pay in advance at the Front Desk.</p> <p><b>Bootcamp:</b> Monday at 6:30pm <b>Pilates Reformer:</b> By appt. <b>TRX:</b> By appt.</p>	
5:30–6:20pm <b>Cycling</b> Maria (C)		5:30–6:25pm <b>Cycling</b> Mary Ellen (C)			
6:30pm <b>Bootcamp</b> Heather (Fitness Floor)		5:30-6:25 <b>Kettlebell AMPD</b> Heather (GPX)			
6:30–7:25pm <b>Gentle Yoga &amp; Meditation</b> Amy (GPX)	6:15–6:45pm <b>CXWORX™</b> Lindsay (GPX)	6:30–7:25pm <b>Yoga 1</b> Amy (GPX)	6:30pm <b>TRX®</b> (GPX)		

## KEY

- Group Fitness Studio (GPX)
  - Cycling Studio (C)
  - Additional Fee (\$)
  - Youth Class
- EX:** 30-40 minute class

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# Group Fitness Class Descriptions

**Active Gold:** This workout for beginners or active seniors includes both cardio and strength work. Balance, coordination, and flexibility round out this complete class.

**AXIS:** AXIS creates stability from the axis, or the middle of your body, which is the basis of all movement, then layers on mobility, strength, and power. Try this 30-minute workout for the core.

**Beginner/Weighted Step:** Step is back and it's back to basics! Don't know a "turn step" from a "repeater"? We'll teach you the terminology. More experienced participants can add light hand weights to increase the intensity. Great for beginners and all levels.

**Beginners Yoga:** Learn the fundamental poses of yoga as you build strength, increase flexibility, and find focus. Ideal for anyone new to yoga.

**BODYCOMBAT™:** Punch and kick your way into knockout shape! BodyCombat will train your whole body and get you fit, fast, and strong. Un-leash and empower yourself!

**BODYPUMP™:** The original barbell-based class that strengthens and tones the entire body. Burn maximum calories while having a blast. (Xpress is 30 or 45 minutes.)

**Core and More:** A 30 minute workout using your body weight, stability ball and free weights to increase your core strength, tone your abs, back, hips and glutes.

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

**CXWORX™:** A quick 30-minute workout using your own body weight, resistance tubes, and weight plates to increase your core strength, tone your abs, glutes, back and legs, as well as improve your posture.

**Cycling:** All classes provide a great workout to increase muscular strength and cardiovascular endurance without impacting the joints. Our cycling classes take you through hills, flats, sprints, and mountains. Offered in 30 and 50 minute formats.

**Gentle Yoga & Meditation:** Learn to let go of the stress and tension that can create pain and irritation in the body and mind while increasing flexibility and focus. This class combines gentle postures with easy movement, breath-work and guided meditation. A blanket or covering is recommended.

**HOT HULA:** Inspired by the dances of the Pacific Islands, HOT HULA Fitness provides a total body workout for all ages and fitness levels. It incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats.

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

**Pilates:** Focus on strengthening the core, including abdominals and low back. Increase flexibility, range of motion, balance, and coordination.

**Pilates Reformer:** Increase core and muscular strength, overall flexibility, balance, and coordination while creating long, lean musculature, utilizing spring resistance on the Reformer Bed equipment.

**Pump & Core:** This class is focused on helping you get and stay strong! It combines free weights, body weight and stability balls to challenge your muscles – especially your core. Open to all levels.

**Retro Aerobics:** 30 minutes of low impact cardio, 20 minutes of strength (abdominals included), and 10 minute stretch.

**RIP:** A barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe, motivating exercises and great music that get you results. (Xpress is 40 minutes)

**Seated Yoga:** Increase flexibility with a gentle yoga flow while seated.

**Silver Seniors:** Great chair/standing class for Boomers & beyond if you are new to fitness or just want to get moving. Utilize resistance bands, soft fitness balls, light hand weights and your own body to move towards better health!

**Tai Chi:** The ancient Chinese practices of tai chi combines slow, deliberate movements, meditation, and breathing exercises all done from a standing position.

**TRX™:** Suspension training that leverages gravity and your own body weight for hundreds of different exercises.

**Wake Up & Walk:** This is a challenging interval walking class: participants will walk at a rate of 12-15 minute mile.

**Yoga 1:** This class refines the basics learned in Beginners Yoga. Sun Salutations and more challenging standing and seated poses build endurance and increase strength as well as flexibility.

**Yoga 2:** This challenging class flows at a faster pace than Yoga 1. It is suitable for students who have practiced other styles of yoga, but it is not suitable for beginners.

**Zumba®:** A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility.

**Zumba® Gold:** For beginners or active seniors with easy to follow dance moves to create a fun and dynamic workout.

**Zumba® Kids:** Kids 4-11 years old get the chance to be active and jam out to their favorite music! This class feature kid-friendly routines based on the original Zumba choreography. We break down the steps, add games, and activities.