

# Culpeper Sport & Fitness Group Fitness Schedule May 2019

**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>Next Level 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	10:00–10:40am <b>Yoga Youth</b> Jeanne
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	9:00–9:30am <b>Level Up</b> Christine	
10:00–10:55am <b>Yoga</b> Jeanne	10:00–11:00am <b>P90X®</b> Christine				
	12:15–12:45pm <b>HIIT Calories Hard</b> Marcus	10:45–11:45am <b>Yoga</b> Jeanne	12:15–12:45pm <b>HIIT Calories Hard</b> Marcus		
	4:15–5:15pm <b>Athletic Performance</b> Marcus		4:15–5:15pm <b>Athletic Performance</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	4:30–5:05pm <b>B-Board Youth</b> Christine		
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	5:15–6:00pm <b>Youth Bootcamp</b> Marcus		
6:00–7:00pm <b>Bootcamp</b> Marcus	5:30–6:25pm <b>Body Sculpt</b> Lou Ellen	5:00–5:30pm <b>Get Fit Fast</b> Christine	5:10–5:45pm 5:50 – 6:25pm <b>B-Board®</b> Christine		
6:30–8:00pm <b>Tae Kwon Do</b> Dave	6:30–7:30pm <b>Kettlebell AMPD</b> Lynnette	6:00–7:00pm <b>Bootcamp</b> Marcus	6:30–8:00pm <b>Tae Kwon Do</b> Dave		
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			

Participants must sign up and pay in advance at the Front Desk for 6-week Bootcamp sessions, small group personal training and kid's tumbling.

## KEY

- Group Fitness Studio (GPX)
- Small Group Personal Training. Unlimited monthly classes - \$50/members, \$75/non-members.
- 6-week Bootcamp program. \$125/members, \$175/non-members.
- Youth Class. 6-week Tumbling program. \$10/members, \$50/non-members.
- Youth Class.

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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.

**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.

**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.

**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.

## KIDS FITNESS Class Descriptions

**B-BOARD® :** Time for kids to "B" part of the fun! Kids ages 6-13 will improve their strength, balance and flexibility while rockin' to great music on their inflated B-Board.

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

**Tae Kwon Do:** A Korean martial art adapted for children for fun, challenging exercise.

**\*Tiny Tumblers:** A fun introduction to gymnastics skills. Designed for children younger than 3 accompanied by an adult. (fee-based)

**\*Tumbling:** Introduction to gymnastics skills. (fee-based)

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

## Small Group Personal Training

Looking for a high intensity, high energy and high calorie burn session that delivers results regardless of your fitness level? Small group personal training is your answer.

Benefits:

- Improvements in endurance, strength, cardio fitness and flexibility!
- A personal trainer's expertise
- Maximum class size, typically no more than 8 participants
- The convenience of several morning and evening sessions

### 30-minutes to one hour classes:

**Next Level Bootcamp:** This one-hour session focuses on total body strength followed by dynamic core and cardio movements for maximum calorie output.

**Total Core:** 30 minutes of nothing but core strength, conditioning and cardio work geared to burn calories and shape your midsection!

**Level Up:** Looking to advance your fitness level? This 30-minute session focuses on strength, core and cardio for the individual looking to "level up" their fitness.

**Athletic Performance:** One hour of sport specific power and explosive weight training followed by lateral mobility/quickness, speed and endurance conditioning. (For ages 14-18)

**Get Fit Fast, HIIT Calories Hard and Push Your Limits:** These 30-minute *Move It* sessions developed by *Escape Your Limits*, a leader in functional fitness, provide a total body workout by challenging all your energy systems while developing total body strength. Different sequences of exercises, movement patterns, and training tools provide you with a high intensity interval experience that uses the whole body and all major muscle groups.

UNLIMITED monthly 30-minute or one hour SGPT classes \$50/member, \$75/non-member

**Bootcamp 6-week session:** Twice weekly sessions are designed to build strength and fitness through a variety of intense group intervals. (\$125/members, \$175 non-members) Class size typically no more than 16 participants.