

Culpeper Sport & Fitness Group Fitness Schedule September 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 Transform U Marcus		5:30-6:30am Transform U 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 Transform U Marcus	8:30-9:00am Total Core Marcus	9:00-10:00am Transform U Marcus	8:00-9:00am Next Level Bootcamp Marcus	8:00-9:00am P90X® Christine
8:30-9:15am Step & Core Lou Ellen	9:00-9:45am B-Board Boost® Christine	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	10:00-10:40am Yoga Youth Joyce
9:25-10:05am B-Board Circuit® NEW Christine	9:50-10:20am Rise Up NEW Christine		10:00-10:40pm Tiny Tumblers* (under age 3) Kasey	9:00-9:30am Level Up Christine	
10:15-11:10am Yoga Kaori		10:15-11:10am Yoga Kaori			
	12:15-12:45pm HIIT Calories Hard Marcus		12:15-12:45pm HIIT Calories Hard Marcus		
	4:15-5:15pm Athletic Performance Marcus		4:15-5:15pm Athletic Performance 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	4:30-5:05pm B-Board® Youth Christine		
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	5:15-6:00pm Youth Bootcamp Marcus		
6:00-7:00pm Transform U Marcus	5:30-6:25pm Body Sculpt Lou Ellen	5:00-5:30pm Get Fit Fast Christine	5:10-5:45pm B-Board Boost® Christine		
6:30-8:00pm Tae Kwon Do Dave	6:30-7:30pm Kettlebell AMPD Lynnette	6:00-7:00pm Transform U Marcus	5:50-6:20pm Rise Up Christine		
			6:30-8:00pm Tae Kwon Do Dave		

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 Boost® NEW: Musically driven, high-intensity class that targets a great balance as the centerpiece for advanced strength and physical training.

B-BOARD Circuit®: Strength based tabata class using the balance board for an added challenge.

Body Sculpt: Light-weight training for all levels.

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.

Rise Up NEW: Musically driven and high intensity fitness class using a step to ramp up calorie burn while working the entire body. Designed for all fitness levels.

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.

Transform U: Twice weekly sessions are designed to build strength and fitness through a variety of intense group intervals along with nutritional guidance from Jena S. Griffith, Integrative Dietitian Nutritionist. (\$125/members, \$175 non-members) Class size typically no more than 16 participants.

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