

Powell Wellness Center 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
5:45–6:35am Cycling Christine (C)	5:45–6:45am CXWORX™/Kettlebell Ada (GPX)	5:45–6:30am Boot Camp Kimberley (GPX)	5:45–6:35am Cycling Faith (C)	5:45–6:45am BODYPUMP™ Kimberley (GPX)	
8:15–8:55am RIP EX Sarah (GPX)	8:15–8:45am Axis EX Sarah (GPX)	8:15–9:00am Cycling EX Ada (C)	8:15–8:45am Axis EX Sarah (GPX)	8:15–8:55am BODYPUMP™ EX Ada (GPX)	8:15–8:45am CXWORX™ Kimberley (GPX)
9:00–9:50 am Cycling Patrice (C)	9:00–9:50 am Cycling Sarah (C)	8:15–8:55am Wake Up & Walk Kelly (GPX)	9:00–9:50 am Cycling Sarah (C)	9:00–9:50 am Cycling Cycling Team (C)	9:00–9:50 am Cycling Cycling Team (C)
9:00–9:55 am Retro Aerobics Kelly (GPX)	9:00–9:55 am Zumba® Kaori (GPX)	9:00–9:55 am RIP Sarah (GPX)	9:00–9:55 am Retro Aerobics Kelly (GPX)	9:00–9:55 am Zumba® Heather (GPX)	9:00–9:55 am Zumba® Kaori (GPX)
10:15–11:10am Pilates Alyssa (GPX)	10:00–11:15am Yoga 1 Annette (GPX)	10:15–11:10am Pilates Alyssa (GPX)	10:00–11:15am Yoga 3 Thunder (GPX)	10:00–11:15am Yoga 2 Annette (GPX)	10:00–11:00am BODYPUMP™ BP Team (GPX)
11:30–12:25pm Silver Seniors Bonnie (GPX)	11:30–12:15pm Seated Yoga Annette (GPX)	11:30–12:25pm Silver Seniors Bonnie (GPX)	11:30–12:15pm Beginners Yoga Annette (GPX)	11:30–12:25pm Silver Seniors Bonnie (GPX)	
12:30–1:25pm Active Gold Sharon (GPX)	12:30–1:20pm Tai Chi Thunder (GPX)	12:30–1:25pm Active Gold Sharon (GPX)	12:30–1:20pm Tai Chi Thunder (GPX)	12:30–1:25pm Zumba Gold® Kelly (GPX)	
4:30–5:00pm 20 Minute Workout Christine (GPX)	4:30–5:25pm Step Sharon (GPX)	4:30–5:00pm 20 Minute Workout Heather (GPX)	4:30–5:25pm Step Sharon (GPX)		
5:00–5:25pm Pump & Core Christine (GPX)		5:00–5:30pm Kids Zumba® Heather (GPX)			
5:30–6:20pm Cycling Faith (C)	5:30–6:15pm BODYPUMP™ Ada/Demetria (GPX)	5:30–6:25pm Cycling Mary Ellen (C)	5:30–6:25pm BODYPUMP™ Kimberley (GPX)	5:30–6:25pm Gentle Yoga & Meditation NEW Joyce (GPX)	
5:30–6:25pm Zumba® Kelly (GPX)	6:00pm Bootcamp Heather (Fitness Floor)	5:30–6:25 Kettlebell AMPD Heather (GPX)		SMALL GROUP PERSONAL TRAINING Participants must sign up and pay in advance at the Front Desk. Bootcamp: Tuesday at 6:00pm Pilates Reformer: By appt. Monday, Wednesday & Friday (mornings) Tuesday & Thursday (evenings) TRX: By appt. Details: Patrice Barklund 540.445.5409 pbarklund@culpeperwellness.org	
	6:15–6:45pm CXWORX™ Lindsay (GPX)				
6:30–7:25pm Gentle Yoga & Meditation Amy (GPX)		6:30–7:25pm Yoga 1 Amy (GPX)	6:30pm TRX® (GPX)		

KEY

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

1005 Golf Drive
Culpeper, VA 22701
540.445.5406
www.powellwellness.com



Group Fitness Class Descriptions

20 Minute Workout: Designed for those who want to get a good full body workout in a short amount of time.

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.

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

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.)

Bootcamp: Designed to build strength and fitness through a variety of intense group intervals.
Drop-in: \$15, 4-pack: \$55, 10-pack: \$140

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 ^{NEW}: 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.

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!

Step: Step is a great all-around exercise that is perfect for all exercisers since it can be modified to create an intense workout for all levels, whether you have just started to exercise or have been training for years.

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.
Drop-in: \$15, 4-pack: \$55, 10-pack: \$140

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.

Yoga 3: Yoga 3 is our most advanced Yoga class. Because of its pace and level, this class is not suitable for students with injuries. Students must be comfortable with headstands and kicking up to handstand at the wall alone.

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.