

Culpeper Sport & Fitness Combined Fitness Schedule November 2020

Reminders:

- There is no admittance to group exercise class 5 minutes after the class has started.
- During inclement weather, classes are subject to change due to instructor availability.
- Please pre-register for classes by logging in via your member portal online at culpepersport.com or calling 540.825.0000.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Transform U Marcus	9:00am SGPT Marcus	5:30am Transform U Marcus	9:00am SGPT Marcus	6:00am Transform U Marcus	9:00am P90X® Christine
9:00am Step Sharon	9:00am Tabata Christine	10:30am Yoga Kaori	9:00am Cardio Christine	8:00am Transform U Marcus	
10:30am Yoga Kaori	10:00am Drill & Play 3.5/4.0	11:00am Beginners Yoga Annette	10:00am Kids' Boot Camp Marcus	8:30am Drill & Play 3.0	
11:00am Seated Yoga Annette	10:00am AXIS Sarah	4:00pm Quick Start Mighty Mights	10:00am AXIS Sarah	9:00am Step Sharon	
4:00pm Kids' Boot Camp Marcus	4:00pm Green Dot HS Development	4:30pm Quick Start Red Ball	5:00pm B-Board® Christine	10:00am Drill & Play 3.5/4.0	
4:00pm Quick Start Mighty Mights	5:00pm Youth Sports Performance Marcus	5:00pm SGPT Christine	5:00pm Youth Sports Performance Marcus	11:00am Yoga 1 Annette	
4:30pm Quick Start Red Ball	6:00pm Kettlebell AMPD Lynnette	5:15pm Quick Start Orange Ball	5:30pm Cardio	4:00pm Green Dot HS Development	
5:00pm SGPT Christine		5:30pm Transform U Marcus	5:45pm Rise Up Christine	5:30pm Pro training	
5:00pm Kids' Dance Party Kaori		6:30pm Gentle Yoga & Meditation Joyce			
5:15pm Quick Start Orange Ball					
5:30pm Cardio					
5:30pm Transform U Marcus					

Small group personal training:
 \$10/session for Youth Sport Performance, SGPT & Transform U
 -or- UNLIMITED monthly \$50/members and \$75/non-members
 For online class & archive links visit <https://culpepersport.com/free-online-class>
 Daily half hour closure at noon for cleaning
 Closed Sundays

KEY

- Group Fitness Studio (GPX)
- GPX/ZOOM online class
- ZOOM online class

- Fee-based class
- Youth class
- Tennis class

19055 Industrial Drive
 Culpeper, VA 22701
 540.825.0000
www.culpepersport.com



Combined Fitness Class Descriptions

AXIS: 30-minute core workout. Designed to fill the gap between your cardio and strength workouts with a focus on your foundation – the core. AXIS creates stability from the axis, or middle of your body, which is the basis of all movement, then layers on mobility, strength and finally, power.

B-Board®: A high intensity workout on the innovative B-Board incorporates cardio, strength, core engagement, yoga positions, and stretching – all while improving your balance. CSF is the only East Coast fitness center north of Florida to offer this class. No experience is needed; before the class the trainer will introduce the program and the board (which is similar to an inflated paddleboard). Come B part of the fun; you'll enjoy a great workout!

Cardio: Cardio program designed to increase your heart rate and burn calories. Low impact options will be offered. (online)

Cardio Tennis: A fun group activity for anyone, at any playing level, looking to burn calories. High energy fitness that combines the best features of tennis with cardiovascular exercise, delivering a full body, calorie burning workout.

Drill & Play: Designed for the player who has been competing in USTA or tournaments. This class will focus on doubles strategy and point production. Drills will include live balls and basket feed. Emphasis will be on court awareness and stroke production. Designed for all skill levels.

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

Kids' Boot Camp: Our boot camp for youth ages 6-12 mimics an adult boot camp experience — warm up, stretching, group activities and partner work — at a level that is appropriate and **fun** for kids. Your young Boot Camper will have the opportunity to work on building endurance, muscle, coordination, and balance – key ingredients for success in sports they may participate in and for overall good health.

Kids' Dance Party: Kids have fun and get some exercise at the same time! Dancing is a great way to burn off some energy and improve your level of fitness! Ages 6-13 welcome

P90X®: A full body workout combining a variety of techniques including strength training, cardio, yoga, plyometrics and stretching.

Pro Training: Enjoy a high intensity class where you will hit hundreds of tennis balls and focus on conditioning and strategy. This program also includes match play.

Quick Start for kids:

Mighty Mightys, ages 2-5: This 30-minute class provides kids with fun activities that increase their movement, balance, and coordination. Foam balls are used with a 19 or 21 inch racquet.

Orange Ball, ages 8-12: This 45-minute class provides kids with an increased focus on developing shot techniques, reception skills in singles and doubles, and serving. Orange ball will be used with 21, 23 or 25 inch racquets.

Red Ball, ages 5-8: This 45 minute class allows kids to increase their movement, balance and coordination. Kids will work on all aspects of tennis to get ready to play on a 36-foot court. Red balls are used with 21 or 23 inch racquets.

Green Dot, ages 9-14: This 1-hour class will emphasize all aspects of tennis. Kids will be instructed in proper technique, with a focus on rally and live ball play, and will learn how to keep score and play matches. Green balls are used.

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

Tabata: A 30 minute interval-based full body workout. Weights are optional.

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