

# Powell Wellness Center Combined Fitness Schedule **March 1<sup>st</sup> – 14<sup>th</sup>** 2021

**NEW HOURS:** Monday – Thursday, 5:30am – 8:00pm; Friday, 8:00am – 7:00pm; Saturday – Sunday, 8:00am – 3:00pm

- **Reminders: Registration is rolling and each class will open at midnight 7 days in advance.**
- There is no admittance to group exercise class 5 minutes after the class has started.
- Please pre-register for classes by logging in via your member portal online, email [info@culpeperwellness.org](mailto:info@culpeperwellness.org) or calling 540.445.5398.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am <b>Spin</b> Amy/Heather	8:00am <b>Gentle Yoga &amp; Meditation</b> Thunder	9:00am <b>Aqua Blaze</b> Amy (River)	8:00am <b>Aqua STEP</b> Amy (Lap Lanes)	9:00am <b>Step</b> Sharon	8:00am <b>Zumba®</b> Kaori
9:00am <b>Step</b> Sharon	8:00am <b>Aqua STEP</b> Amy (Lap Lanes)	9:00am <b>Spin</b> Amy/Heather	9:00am <b>Retro Aerobics</b> Kelly	9:00am <b>Spin</b> Amy/Heather	9:00am <b>P90X®</b> Christine
9:00am <b>Retro Aerobics</b> Kelly	9:00am <b>Tabata</b> Christine	10:00am <b>Fluid Pilates</b> Sharon (River)	9:00am <b>River Moves</b> Amy (River)	10:15am <b>Water Gym</b> Sharon (River)	9:00am <b>Les Mills CORE™</b> Megan
9:00am <b>Aqua Blaze</b> Amy (River)	9:00am <b>Zumba®</b> Kaori	11:00am <b>Beginners Yoga</b> Annette	9:00am <b>Cardio</b> Christine	11:00am <b>Yoga 1</b> Annette	9:00am (begins 3/6) <b>Aqua Bata Bing NEW</b> Sharon (River)
10:00am <b>Retro Aerobics</b> Kelly	9:00am <b>Aqua Boot Camp</b> Amy (River)	12:30pm <b>3 Mile Walk</b> Sharon	10:00am <b>Retro Aerobics</b> Kelly	11:15am <b>Arthritis Mobility Essentials</b> Sharon	9:45am <b>Spin</b> Megan
10:00am <b>Aqua Strong</b> Amy (River)	10:00am <b>AXIS</b> Katie	4:30pm <b>STEP</b> Sharon	10:00am <b>AXIS</b> Katie	12:30pm <b>Muscle Max NEW</b> Sharon	<b>SUNDAY</b>
11:00am <b>Seated Yoga</b> Annette	11:00am <b>Senior Strength</b> Katie	5:30pm <b>SGPT</b> Heather	11:00am <b>Senior Strength</b> Katie	3:30pm <b>Family Swim</b>	12:00pm <b>Family Swim</b>
12:30pm <b>3 Mile Walk</b> Sharon	11:00am <b>Liquid Silver</b> Sharon (River)	5:30pm <b>Water Gym</b> Sharon (River)	11:00am <b>Liquid Silver</b> Sharon (River)	4:30pm <b>Family Swim</b>	1:00pm <b>Family Swim</b>
4:30pm <b>Muscle Max NEW</b> Sharon	4:30pm <b>Body Pump™</b> Demetria	6:30pm <b>Gentle Yoga &amp; Meditation</b> Joyce	4:30pm <b>Powerball</b> Sharon	5:30pm <b>Family Swim</b>	
5:30pm <b>SGPT</b> Heather	5:30pm <b>Zumba®</b> Kelly		5:30pm <b>Gentle Yoga &amp; Meditation</b> Amy		
5:30pm <b>Aqua Bata Bing</b> Sharon (River)					

**SMALL GROUP  
PERSONAL TRAINING**  
Participants must sign up and pay in advance.  
Details: Whitney Propps,  
540.445.5388  
[wpropps@culpeperwellness.org](mailto:wpropps@culpeperwellness.org)  
1005 Golf Drive  
Culpeper, VA 22701  
540.445.5406  
[www.powellwellness.com](http://www.powellwellness.com)



**KEY:**

- Group Fitness Studio (GPX)
- GPX & Facebook Live
- GPX & ZOOM online class
- Aquatic class
- ZOOM online class
- Fee-based class

# Combined Fitness Class Descriptions

## Group Fitness

**3 Mile Walk:** A great low impact workout in 45 minutes! Constant movement will ensure lots of steps that add up to 3 miles in this high energy cardio class! For all fitness levels.

**Arthritis Mobility Essentials:** For anyone with arthritis and all activity levels. Class begins with joint check and warm up, then stretching and range of motion, followed by strengthening, cardiovascular endurance and balance and coordination. Class wraps up with joint check and relaxation and breathing techniques.

**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.

**Beginners' Yoga:** Learn the fundamental poses of yoga as you build strength, increase flexibility, and find focus. This challenging and dynamic class will invigorate the entire body through breath and movement. Ideal for anyone new to yoga.

**BODYPUMP™:** The original 60-minute barbell-based class that strengthens and tones the entire body. Burn maximum calories while having a blast with an upbeat soundtrack.

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

**Cycling:** Saddle up for a great workout to increase muscular strength and cardiovascular endurance without heavy impact on the joints. Cycling strengthens legs and improves heart and lung function. A motivating soundtrack helps you tackle hills, flats, sprints and mountains. Cycling classes are offered in 30 and 50 minute formats.

**Gentle Yoga and Meditation: AM** – Ease into your day with a gentle yoga flow, meditation and breathwork. **PM** - Increase flexibility and focus while letting go of stress and tension that can cause body pain and mental irritation. Classes combine gentle postures with easy movement, breathwork and guided meditation. Blanket or covering recommended for comfort.

**Muscle Max:** This is a challenging but safe muscle conditioning workout. Designed for all ages and fitness levels to *build strength in support of injury resistance and overall functionality*. The workout will target every major muscle group with a progressive approach to utilizing the powerful force of gravity. Work your muscles to the max!

**Pilates:** Focus on strengthening the core, abs, and lower back. Increase flexibility, range of motion, balance, and coordination. TheraBalls, Dynabands, and Power Rings vary and complement this mat workout.

**Pilates Reformer:** A fee-based group class that can take your training to the next level. Increase core and muscular strength, overall flexibility, balance, and coordination while creating long, lean musculature, utilizing spring resistance on the Reformer Bed equipment.

**Powerball:** Use a stability ball for a great cardio workout and to improve strength, balance, core and more! Win the fitness lottery with Powerball! No prior stability ball experience necessary.

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

**Seated Yoga:** Smooth gentle movements while seated. Strengthen the immune system while improving balance and stamina, and increasing flexibility with gentle yoga movements.

**Senior Strength:** This class includes exercises to improve muscular strength and ward off age-related muscle loss as well as keep bones strong, improve mobility, prevent falls, and combat depression. Seated and standing exercises included. Open to all levels. Modifications offered.

**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.

**Yoga 1:** Increase muscular strength, endurance, and overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar, and YogaFit postures. **Yoga 1** refines the basics learned in Beginners' Yoga.

**Zumba ®:** This class fuses upbeat rhythms and music with easy-to-follow dance-style moves to create a fun, engaging, and dynamic workout.

## Aquatics

**Aqua Blaze:** A grab bag of interval training and tabata workouts in the river with surprise suspended moves tossed in, making your body a calorie burning machine after class. (class participation: 10)

**Aqua Bootcamp:** High intensity water fitness with travel combinations interspersed with stationary exercises. Incorporating pyramid and interval training, power drills, speed bursts and kickboxing drills. Requires no coordination but lots of stamina. (class participation: 10)

**Aqua Strong:** For moderate to higher fitness levels. This class in the river rotates to focus on primarily upper body and core strength or lower body and core strength to develop overall tone and strength. Water shoes strongly encouraged. (class participation: 10)

**Bata Bing:** Is a shallow water TABATA workout in the river! This high energy HITT program is six rounds of FUN! The intense workout is perfect for all fitness levels. Water shoes are suggested and webbed gloves would enhance your workout, but are not required. (class participation: 10)

**Family Swim:** Register via member portal. Pool, pods and river available. Equipment not available. Bring towels and life jackets, limited supply available. (6 families per session)

**Fluid Pilates:** This aquatic workout features standing Pilates choreography that includes both isolated and sequenced movements which engage the POWERHOUSE through rhythmic arm and leg patterning in the river. (class participation: 10)

**Liquid Silver:** This class in the river will cover functional fitness with cardio, strength, balance and stretching! No equipment needed. This class moves to your beat! (class participation: 10)

**River Moves:** - A great introduction to water classes and the river. This class is an "at your own pace" low impact experience. You will learn ways to walk, leap and bound through the water to increase strength and cardio endurance. (class participation: 10)

**River Runners:** For participants who work out at a higher fitness level. Class designed to increase your agility, speed and endurance through various running drills in the river. Water shoes REQUIRED. (class participation: 10)

**Step:** Aquatic step in the lap lanes adds a new challenge to every movement. Step in the water incorporates large dynamic moves that will both improve your cardiovascular endurance levels and muscle strength. The water provides the perfect safe environment for a fun, low impact class that takes your fitness to the next level. (class participation: 6)

**Water Gym:** A gym-style circuit workout in the river working your upper body, lower body and core. Total body training in one workout -- take the plunge into Water Gym! (class participation: 10)