

Culpeper Sport & Fitness Combined Fitness Schedule July 2021

HOURS: Monday – Thursday, 8:00am – 9:00pm; Friday, 8:00am – 8:00pm; Saturday, 8:00am – noon; closed Sunday
(members are welcome to enjoy PWC)

- 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.

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
8:30am Step, Core & More Lou Ellen	9:00am Tabata Christine	8:30am Step, Core & More Lou Ellen	9:00am Cardio Christine	8:00am Transform U Marcus	
10:30am Yoga ^{NEW} Kaori	10:00am Drill & Play 3.5/4.0	10:30am Yoga Kaori	10:00am Kids' Boot Camp Marcus	8:30am Step, Core & More Lou Ellen	
4:00pm Kids' Boot Camp Marcus	4:00pm Quick Start Mighty Mights	5:00pm SGPT Christine	10:00am Zumba Gold® Kelly	10:00am Drill & Play 3.0	
5:00pm SGPT Christine	4:30pm Zumba® Kelly	5:30pm Transform U Marcus	4:00pm Quick Start Mighty Mights	5:30pm Pro training	
5:30pm Transform U Marcus	4:30pm Quick Start Red Ball		4:30pm Quick Start Red Ball		
	5:00pm Youth Sports Performance Marcus		5:00pm B-Board® Christine		
	5:15pm Quick Start Orange Ball		5:00pm Youth Sports Performance Marcus		
	6:00pm Kettlebell AMPD Lynnette		5:15pm Quick Start Orange Ball		
			5:45pm Rise Up Christine		
					<p>Small group personal training: \$10/session for Youth Sport Performance, SGPT & Transform U -or- UNLIMITED monthly \$50/members and \$75/non-members</p> <p>For online class & archive links visit https://culpepersport.com/free-online-class</p> <p>Daily half hour closure at noon for cleaning</p> <p>Closed Sundays</p>

KEY

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

- Fee-based class
- Youth class
- Tennis class

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Combined Fitness Class Descriptions

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: Increase your heart rate and burn calories! Low impact options offered.

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.

Member pricing:

1 session - \$25; 6 sessions - \$120; 12 sessions - \$240

Non-member pricing:

1 session - \$30; 6 sessions - \$150; 12 sessions - \$300

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.

P90X®: A full body workout combining 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.

Member pricing:

1 session - \$25; 6 sessions - \$120; 12 sessions - \$240

Non-member pricing:

1 session - \$30; 6 sessions - \$150; 12 sessions - \$300

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, Core & More: Combine traditional step aerobics with some abdominal work for a great workout.

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

Yoga: Incorporates postures, breathwork and guided meditation.

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

Zumba Gold®: This class is perfect for active older adults who love music and dancing but prefer lower-intensity moves. Easy to follow choreography will focus on balance, range of motion, coordination and fun. Spontaneous singing and woohoo-ing are welcome!

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.

Member pricing:

1 session - \$10; 6 sessions - \$30; 12 sessions - \$60

Non-member pricing:

1 session - \$15; 6 sessions - \$45; 12 sessions - \$90

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.

Member pricing:

1 session - \$12.50; 6 sessions - \$45; 12 sessions - \$90

Non-member pricing:

1 session - \$15; 6 sessions - \$75; 12 sessions - \$150

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.

Member pricing:

1 session - \$12.50; 6 sessions - \$45; 12 sessions - \$90

Non-member pricing:

1 session - \$15; 6 sessions - \$75; 12 sessions - \$150

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.

Member pricing:

1 session - \$25; 6 sessions - \$150; 12 sessions - \$275

Non-member pricing:

1 session - \$30; 6 sessions - \$180; 12 sessions - \$360