

# Powell Wellness Center Combined Fitness Schedule July 2021

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

- There is no admittance to group exercise class 5 minutes after the class has started.
- Pre-register for Family Swim 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	8:00am <b>Gentle Yoga &amp; Meditation</b> Thunder	8:30am <b>Step, Core &amp; More</b> Lou Ellen	8:00am <b>Aqua STEP</b> Amy (Lap Lanes)	8:00am <b>AMPD Fusion</b> Heather	9:00am <b>P90X®</b> Christine
8:30am <b>Step, Core &amp; More</b> Lou Ellen	8:00am <b>Aqua STEP</b> Amy (Lap Lanes)	9:00am <b>Aqua Blaze</b> Amy (River)	9:00am <b>Retro Aerobics</b> Kelly	9:00am <b>Spin</b> Heather	9:00am <b>Aqua Bata Bing</b> Sharon (River)
9:00am <b>Retro Aerobics</b> Kelly	9:00am <b>Tabata</b> Christine	9:00am <b>Muscle Max</b> <sup>NEW</sup> Sharon	9:00am <b>Cardio</b> Christine	9:00am <b>Aqua Bata Bing</b> Sharon (River)	9:00am <b>Spin</b> Spin Team
9:00am <b>Aqua Blaze</b> Amy (River)	9:00am <b>Aqua Boot Camp</b> Amy (River)	10:00am <b>Spin</b> Amy	9:00am <b>Volleyball</b> <sup>NEW</sup> Amy (Lap Lanes)	10:00am <b>Yoga 1</b> Annette	10:00am <b>Zumba®</b> <sup>NEW</sup> Kaori
10:00am <b>Muscle Max</b> <sup>NEW</sup> Sharon	9:00am <b>Zumba®</b> Kaori	10:00am <b>Fluid Pilates</b> Sharon (River)	10:00am <b>Zumba Gold®</b> Kelly	10:00am <b>Water Gym</b> Sharon (River)	<b>SUNDAY</b>
10:00am <b>Aqua Strong</b> Amy (River)	10:00am <b>AXIS</b> Katie	11:00am <b>Beginners Yoga</b> Annette	10:00am <b>3<sup>rd</sup> Thursday Beginner's Spin</b> <sup>NEW</sup> Amy (in spin studio)	11:15am <b>Arthritis Mobility Essentials</b> Sharon	12:00pm <b>Family Swim</b>
11:00am <b>Seated Yoga</b> Annette	11:00am <b>Senior Strength</b> Katie	12:30pm <b>3 Mile Walk</b> Sharon	11:00am <b>Senior Strength</b> Katie	12:30pm <b>Walk, Strength &amp; Stretch</b> Sharon	1:00pm <b>Family Swim</b>
12:30pm <b>3 Mile Walk</b> Sharon	11:00am <b>Liquid Silver</b> Sharon (River)	4:30pm <b>STEP</b> Sharon	11:00am <b>Liquid Silver</b> Sharon (River)	2:00pm <b>Joint Tune-up</b> <sup>NEW</sup> Sharon (Lap Lanes)	
4:30pm <b>Muscle Max</b> Sharon	4:30pm <b>Zumba®</b> Kelly	5:30pm <b>SGPT</b> Heather	4:30pm <b>Powerball</b> Sharon	3:30pm, 4:30pm <b>AND 5:30pm</b> <b>Family Swim</b>	
5:30pm <b>AMPD Fusion</b> <sup>NEW</sup> Heather	5:30pm <b>Body Pump™</b> Demetria	5:30pm <b>Water Gym</b> Sharon (River)	5:30pm <b>Gentle Yoga &amp; Meditation</b> Amy	<div style="background-color: #e67e22; padding: 10px; border: 1px solid black;"> <p style="text-align: center;"><b>SMALL GROUP PERSONAL TRAINING</b></p> <p style="text-align: center;">Participants must sign up and pay in advance.</p> <p style="text-align: center;">Details: Whitney Propps, 540.445.5388 <a href="mailto:wpropps@culpeperwellness.org">wpropps@culpeperwellness.org</a></p> <p style="text-align: center;">1005 Golf Drive Culpeper, VA 22701 540.445.5406 <a href="http://www.powellwellness.com">www.powellwellness.com</a></p> <div style="text-align: center;">   </div> </div>	
5:30pm <b>Aqua Bata Bing</b> Sharon (River)		5:30pm <b>Spin (in spin studio)</b> Mary Ellen			
6:30pm <b>Yoga 1</b> Joyce					

**KEY:**

■ Group Fitness Studio (GPX)

■ GPX & Zumba online class

■ ZOOM online class

■ Aquatic 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.

**AMPD Fusion:** Fun, heart-pumping workout with upbeat music integrates kettlebells, weights, and resistance bands to engage entire body and torch calories. Combines benefits of strength training, functional movements and cardiovascular exercise. This 40-minute workout is safe and effective for all ages and 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.

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

**Cycling:** Saddle up for a great workout to increase muscular strength and cardiovascular endurance without heavy impact on the joints. A motivating soundtrack helps you tackle hills, flats, sprints and mountains.

**Gentle Yoga and Meditation: AM & PM** - 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!

**P90X®:** A full body workout combining strength training, cardio, yoga, plyometrics and stretching.

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

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

**Walk, Strength & Stretch:** A perfect blend of all three fitness components in a 45 minute workout. Each section is fifteen minutes long, measured perfectly to give you 2000 steps. Utilizing total body strength and ending with a relaxing seated stretch. For all fitness levels.

**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.

**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!

## Aquatics

**Aqua 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)

**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 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)

**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)

**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)

**Joint Tune-up:** This aqua fitness workout in the lap lanes provides an exercise prescription for aging and living well. It will provide a movement library that targets the needs of the aging body, including joint mobility, balance and gait through functional training. (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)

**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)