

Culpeper Sport & Fitness Fitness Schedule November 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) **CLOSED Thanksgiving Day; open 8am – noon, Friday November 26**

- 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	8:30am Tabata Christine	5:30am Transform U Marcus	8:30am Cardio Christine	6:00am Transform U Marcus	9:00am P90X® Christine
8:30am Step, Core & More Lou Ellen	9:00am SGPT Marcus	8:30am Step, Core & More Lou Ellen	9:00am SGPT Marcus	8:00am Transform U Marcus	
10:30am Seitai Yoga Kaori	5:00pm Youth Sports Performance Marcus	10:30am Seitai Yoga Kaori	10:00am Kids' Boot Camp	8:30am Step, Core & More Lou Ellen	
4:00pm Kids' Boot Camp	5:30pm Build & Burn Tracie	5:00pm SGPT Christine	5:00pm B-Board® Christine	10:30am Ashtanga Yoga Kaori	
5:00pm SGPT Christine		5:30pm Transform U Marcus	5:00pm Youth Sports Performance Marcus		
5:30pm Transform U Marcus			5:45pm Rise Up Christine		

PLAY PICKLEBALL!

Members are welcome to play pickleball on the marked court in the group exercise room when classes are not scheduled.

Please call the desk to reserve your time. 1-hour court time is free, paddles and balls included.

Non-members: \$10 per hour

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>

Closed Sundays

KEY

Group Fitness Studio (GPX)

GPX/ZOOM online class

ZOOM online class

Fee-based class

Youth class

19055 Industrial Drive

Culpeper, VA 22701

540.825.0000

www.culpepersport.com



Fitness Class Descriptions

Ashtanga Yoga: Consists of primary, intermediate and four advanced series each having a fixed order of poses. The traditional style involves a personalized instruction where the members learn the sequences and progress to the next posture when they are ready. The primary series is for beginners and great for experienced yoga students. In practice, Ashtanga Yoga helps students experience strength-building, challenging postures, improved endurance, breath control, meditation, structured sequences and personalized physical adjustments.

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. No experience is needed; before the class the instructor will introduce the program and the board (which is similar to an inflated paddleboard).

Build & Burn: This high energy interval class combines 45 minutes of strength, core and cardio work topped off with 15 minutes of foam rolling, stretching and recovery. All fitness levels.

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

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.

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.

Seitai Yoga: Incorporate movements to reduce stress, improve digestive health and immune system along with aligning the spine.

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

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