

Culpeper Sport & Fitness Fitness Schedule January 2022

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 New Year's Day**

- 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 | 8:30am Step, Core & More Lou Ellen | |
| 4:00pm Kids' Boot Camp | 5:00pm Youth Sports Performance Marcus | 5:00pm SGPT Christine | 10:00am Kids' Boot Camp | 9:00am Transform U Marcus | |
| 5:00pm SGPT Christine | 5:30pm Build & Burn Tracie | 5:30pm Transform U Marcus | 5:00pm B-Board® Christine | | |
| 5:30pm Transform U Marcus | 6:30pm Roll & Recover Tracie | | 5:00pm Youth Sports Performance 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

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.

Roll & Recover: We believe recovery/regeneration is a vital part of a high performance life. It's the moment when you do less to do more, and reboot body and mind to a higher level. Recover stronger by focusing on self-massage, controlled breathing techniques, mobility and flexibility. This class promotes functional stretching and self massage at its best. You will improve your flexibility and reduce injury as this practice will promote mobility and lead to a more thorough recovery. Goals and benefits of the class: strength, mobility, flexibility, balance, stress relief and relaxation. 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.